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Your essential daily news | WEDNESDAY, JUNE 24, 2015

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Addressing 'mounting' wait times

HEALTH CARE

Ottawa Hospital to study ways to get patients MRIs, CT scans quicker

Joe Lofaro
Metro | Ottawa

The Ottawa Hospital is launching a study on how to develop a centralized strategy for dealing with referrals for MRIs and CT scans at health centres across the region as it struggles to deal with "fluctuating" wait times.

The board chair of the Champlain Local Health Integration Network (LHIN) commissioned a study this week in a bid to develop software to centralize referrals at hospitals throughout the Ottawa Valley and to shorten the number of days patients are left waiting.

"They're mounting," said Guy Morency, director of medical imaging and laboratory medicine at The Ottawa Hospitals. "The wait times are going up in quite a few of the LHINs just because of the volume of the referrals that are coming in."

But the study will focus only on improving access to semi-urgent (P3) and non-urgent (P4) patients, who typically wait the longest for an MRI or CT scan.

The Ottawa Hospital has four MRI machines across its three campuses.

The median wait time for non-urgent outpatients needing an MRI at the General campus is 108 days, according to data from May 31. The median wait time for a CT machine — of which there are six at the General — is 48 days.

In 2005, the province introduced its Wait Time Strategy, which set a priority assessment tool for each category of patient.

A P3, which could be a cancer patient or a preoperative patient, would ideally undergo a required diagnostic imaging procedure within 10 days. A P4, which is typically a patient waiting on elective surgery such as a knee operation, would get one within 28 days.

But Morency said that rarely happens today, and physicians are handling most referrals manually.

"The most urgent ones are getting done. It's (with) the 3s that we're struggling to keep up with the demand," he said.

Morency said a corporate technology strategy across the region would reduce wait times and find the most appropriate machine available.

HONOURING THE LOST

Acting Sergeant-at-Arms Pat McDonell, left, and Prime Minister Stephen Harper laying a wreath during the National Day of Remembrance for Victims of Terrorism on Parliament Hill on Tuesday. FRED CHARTRAND/THE CANADIAN PRESS

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Wednesday, June 24, 2015

MENTAL HEALTH RESEARCH

City to get brain imaging centre

Ottawa is one step closer to getting Canada's first brain imaging centre specifically dedicated to research into mental illnesses, such as depression and post-traumatic stress disorder.

The Royal Canadian Legion announced a $1-million donation Tuesday to the Royal Ottawa Mental Health Centre, which to date has raised about 80 per cent of the $7 million needed for the unique project.

The Royal is anticipating the new centre will up and running by April 2016, but not without first purchasing some very expensive equipment — a Positron Emission Tomography–Magnetic Resonance Imaging (PET–MRI) machine.

The technology will be used to see into a person's brain with three-dimensional, high-resolution images to find out how certain circuits are misfiring.

"It's almost like being able to do an autopsy of the living brain," Dr. Zul Merali, president and CEO of The Royal's Institute of Mental Health Research, said Tuesday.

"You can expose the patients or individuals to different situations and different conditions and you can actually see what parts of the brain are engaging more or less."

Getting a better picture of the brain will help improve early diagnosis, individualized treatments for people who suffer from mental illnesses, he said.

That is part of the reason why the Legion got involved since depression and PTSD are common among some in the Canadian Armed Forces and the RCMP.

"If you look at schizophrenia and the use of neuroleptics, we use to use very high doses with lots of side effects," said Merali.

"Using brain imaging, we could easily figure out that we were over-killing in the sense that we were giving much more drugs than what was actually necessary to do the brain chemistry changes that were required."

Tom Eagles, dominion president of The Royal Canadian Legion, said in a news release the donation is aligned with the Legion's commitment to veterans.

JOE LOFARO/METRO

Cabbies blame losses on city

BYLAW SERVICES

Feud with Uber continues

Haley Ritchie
Metro | Ottawa

The union representing taxi drivers in Ottawa is taking aim at the city, saying not enough is being done to restrict bylaw-flouting Uber drivers from cutting into their profits.

Taxi drivers in the city — and across the country — have long been feuding with ride-sharing app Uber, which set up shop in Ottawa last year and continues to operate even though doing so is against city bylaws.

"Our legal professional taxi drivers and their families are in a financial crisis because of the inaction of the City of Ottawa," reads a news release sent out by Amrik Singh, president of Unifor Local 1688.

Singh said he has been told that 86 Uber drivers have been charged in the past eight months.

The union says the city collects over a million dollars in regulation fees imposed on licensed cab drivers, while no such overheads exist for Uber drivers.

> **Our legal professional taxi drivers and their families are in a financial crisis because of the inaction of the City of Ottawa.**
> Press release sent out by Amrik Singh

Singh said as a result, the cab drivers are losing 40 per cent of their income from the competition.

His news release details the fees taxi drivers pay, including commercial insurance at $78 and upwards a month, police record checks at $13 a year and licensing fees at $215 per year. Overhead costs can be up to $2,000 annually, he added.

"We don't mind paying those expenses because most of them are about public safety. We agreed to pay them," he said.

Singh said he doesn't want the fees removed or reduced, but he does want bylaw services to crack down on Uber drivers. He said he also wants the Ottawa Police to get involved with higher tickets and highway traps.

City council voted in May to spend $300,000 reviewing the current taxi bylaw, including "potential regulations to recognize the emergence of new hailing technologies and transportation-for-a-fee service models."

CORNWALL AREA TWO AIRLIFTED TO HOSPITAL AFTER TOUR BUS CRASHES
Damage to the front of a double-decker tour bus is shown after it collided with a tractor-trailer on Highway 401 near Cornwall, Ont., Tuesday. Two people were airlifted to hospital with serious injuries and at least 15 were hurt in the crash.
THE CANADIAN PRESS

RECRUITS

New police officers ushered into force

A veteran of the war in Afghanistan, a former CFL football player and an English teacher are just some of the newest Ottawa police officers.

The force held a graduation ceremony at the Nepean Sportsplex Tuesday for 22 recruits. Eight of the new officers are women and 14 are men.

Ottawa police chief Charles Bordeleau presented the recruits with their wallet badges to formally welcome them to the force's ranks.

The 22 new recruits come from all walks of life. They include former members of the military, an OHL referee, an OC Transpo communications officer, recruits from Kosovo, Romania and Born in St. Vincent in the Grenadines, and a sign language specialist.

METRO

DIVERSITY

Ottawa police serve foods from different cultures
Traditional foods from the Aboriginal, Jamaican, Sikh, Palestinian, Filipino and Latin American communities will be served at the Ottawa police's first annual diversity celebration. The event is being held this Thursday from 4 to 6 p.m. at the police station on Elgin Street. Ottawa police recruiters will also be on hand to answer questions about careers in policing. METRO

BUSINESS TIES

Wynne to lead group to Israel next year

Premier Kathleen Wynne will head to Israel next year as part of a business delegation.

The premier's office says Wynne's spring trip is intended to create new partnerships and promote investment in Ontario.

The office also says it is in the process of setting up a permanent representative in Israel.

Wynne says Ontario has worked with Israel for many years — including work on a recently renewed memorandum of understanding — on research and development projects.

She is expected to visit Jerusalem and Tel Aviv to meet business and government leaders during the trip.

Wynne says the mission will strengthen ties with Israel.

The design for a proposed 27-storey tower that would incorporate the 1928 Medical Arts Building on Metcalfe Street. COURTESY CITY OF OTTAWA

Committee OKs tower complex

CITY HALL

Approves new 27-storey Medical Arts Building

Lucy Scholey
Metro | Ottawa

Catherine McKenney may not have had a vote on the Medical Arts Building redevelopment, but that did not stop the Somerset Ward councillor from trying to steer the planning committee against the 27-storey tower plan.

It didn't work. On Tuesday, the committee voted 8-2 in favour of the project, which includes a hotel and mixed-use space.

The plan is now in council's hands.

The six-storey, art deco-style building at 180 Metcalfe Street was built in 1928 by prominent architect W.E. Noffke, who also designed the Champagne Bath and the Central Post Office. Its art deco elements include a limestone front entrance, copper panels and geometric patterned brick panels.

The developer is looking to incorporate the heritage building into a new 27-storey tower, with a hotel occupying most of the first six floors of the current building. In total, 80 per cent of the original building would be maintained.

McKenney, who does not sit on the planning committee and therefore did not have a vote, said this veers away from the "freshly minted" Centretown community design plan. The planning document was approved in 2013, sent to the Ontario Municipal Board (OMB) and came back with its decision in May. Ottawa is now appealing the OMB's ruling that there needs to be "flexibility" in city plans.

The Medical Arts Building redevelopment just creates more uncertainty in the community's design plan, according to McKenney.

"A good downtown that's well planned, predictable, is good for the entire city," she said. "I'm hoping to convince my colleagues of that."

She also said a hotel would create more hubbub — people and cars coming back and forth — than, say, a residential complex.

But, as planning chairwoman and Barrhaven Coun. Jan Harder said, the bustling central library is located just one block from the Medical Arts Building.

"I think it's a great fit … it fits the height and I think it fits the spirit," she told reporters, after the meeting. City planning staff also said the design is appropriate and preserves the building's heritage character.

Meanwhile, Beacon Hill-Cyrville Coun. Tim Tierney said the new hotel would create more opportunities for Ottawa and that he's looking forward to having a "staycation" there.

> **I think it's a great fit … it fits the height and I think it fits the spirit.**
> Barrhaven Coun. Jan Harder

SIZE DOESN'T MATTER

Small-scale CHIN Radio needs Ottawa city approval to relocate its studio

An Ottawa radio station looking to relocate its broadcast headquarters will need the city to tune into its moving plans.

CHIN Radio Ottawa CJLL 97.9 FM, wants to move to 1391 Wellington St., on Hintonburg's main street, but needs a zoning bylaw change to allow for a broadcasting studio.

At the planning committee Tuesday, Kitchissippi Coun. Jeff Leiper gave notice that he would be tabling a future motion asking for a zoning amendment.

However, those who frequent the bustling mainstreet will not have to face a big antenna while heading for a beer two blocks down at the Wellington Gastropub. The multicultural radio show is on a smaller, booth-like broadcasting scale. Yet they still need a zoning amendment.

"They're getting caught by that lack of definition in the zoning bylaw," said Leiper. "It doesn't distinguish between, say, the Bell Media Centre that's in the market and an office where somebody can do a radio show."

The zoning bylaw will be debated at the next planning committee on July 7.

LUCY SCHOLEY/METRO

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Blue Steel at Bluesfest

STYLE

Models show off new festival collection at fashion show

Trevor Greenway
Metro | Ottawa

Festival-goers at Coachella have their own little style: A touch of surfer bum, a drop of urban life and an ounce or two of "I really don't care what you think of me."

Well, now Ottawa Bluesfest has its own style.

Dozens of models clad in crop tops, tank tops, hoodies and over-sized T-shirts showed off the new Bluesfest Collection from Kania during a fashion show Tuesday afternoon.

The result is a diverse mix of comfortable, yet stylish designs that are perfect for the challenging decision of what to wear at a festival that could see three seasons under the sun.

"People spend a lot of time getting ready to go out to a music festival," said Ottawa Bluesfest fashion director Julie Beun.

"Eighty per cent of festival goers will go out and buy new shoes or a new outfit to go to a music festival. Why not celebrate that?"

> **Eighty per cent of festival goers will go out and buy new shoes or a new outfit to go to a music festival. Why not celebrate that?**
>
> Julie Beun, Ottawa Bluesfest fashion director

Ottawa Bluesfest isn't just selling its own lineup of clothing for the festival, they're also creating an entire fashion crew — the Bluesfest Style Squad — made up of models, critics and fashion writers and photographers who will fan out across Le Breton Flats to document what Ottawa wears to music festivals.

Festival goers will be treated to free make up touch up at the Bluesfest House of Fashion while those who can't wait to see what Iggy Azalea will suit up in can check the Backstage Street Style Crew for sneak peeks.

The clothing line will be available on-site during the festival and before. Visit www.ottawabluesfest.ca for more.

A little turn on the catwalk

Metro's Trevor Greenway sat down with Kania owner/designer Stacey Bafi-Yeboa for an early glimpse of what festival goers will be showing off during Bluesfest, July 8-19. **Trevor Greenway/Metro**

All of the lights

The ultimate summer guy. Bermuda-type shorts with a nice fitted V-neck T-shirt and we have the overview shot of LeBreton flats in colour. It shows all of the lights of the concert, we want you to feel like you are part of that. Just pair it with a pair of sunglasses, throw on your loafers and you are good to go.

Flow

The ultimate T-shirt. A shirt that every woman wants to wear because you can be any size and feel amazing in it. It just flows off your body, it's a comfy modal spandex and we just have a really graphic black and white Bluesfest logo. And very simple, we paired it with a pair of sunglasses and a short short. Bold, but simple.

Tank top

Flowy modal fabric with the overview shot of LeBreton Flats. We have put her with a fringe scarf that she has on her head, but you can also wear it as a shirt or a scarf or a top. It's adaptable. You can change up your look for how you want to wear it.

The truffle

It's a nice, draped vest. It's nice if you want to wear as a cover-up over anything. We have paired it with a really eclectic necklace that is beaded and a pair of great fashion sunglasses and red heels. It's great.

Wings

We have made the V-neck T-shirt for the man. It's bold, it's in your face. It's like, "these are my wings, I have to power to fly. This is me, meet me in the crowd."

Urban tank top

This is our street-style guy. He's got on his Converse, his skinny jeans, his tank top, his hat. He's got on his murse; he is going for it. He is one of the guys who take fashion to a new level. It's a fashion-forward look and we wanted to show that you can actually go to a concert and live this. We can do this in Ottawa, it's not boring.

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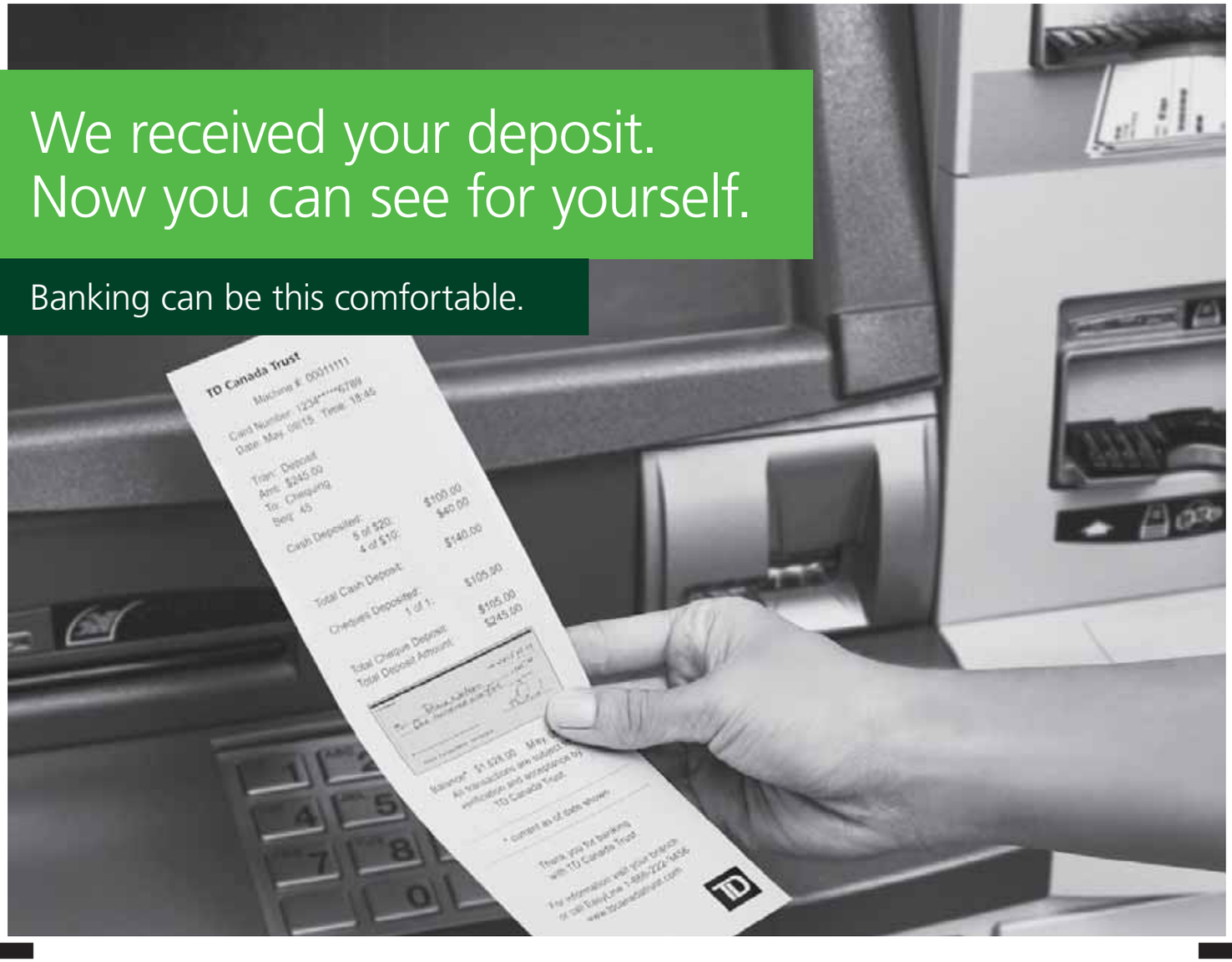

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TRANSIT

City looks to keep Phase 2 on track

Lucy Scholey
Metro | Ottawa

The City of Ottawa is looking to fuel the second phase of the light rail transit plan with a $7 million cash injection.

On June 29, city staff will ask the finance committee to approve the money transfer from the capital budget — despite the so-far lack of confirmed federal and provincial funding on the light rail line (LRT).

However, according to a city report, the environmental assessment shows the second phase can be completed within the $3 billion envelope.

Ottawa Mayor Jim Watson is eying both provincial and federal transportation envelopes to pitch in on two-thirds of the project costs — although neither levels of government have yet to officially confirm funding.

Currently, construction for the first phase of the project — the east-west Confederation Line from Blair to Tunney's Pasture and the north-south Trillium Line from Bayview to Greenboro — is underway.

If all goes to plan, shovels should hit ground in 2018, once the first phase of LRT is up and running.

The second phase will extend those lines, adding 19 new stations and 30 kilometres of rail. It's due to be completed by 2023.

BIG BUSINESS

Hydro One hires ex-Maple Leaf exec

Ontario's government-owned electricity distributor has hired a former senior executive of Maple Leaf Foods to be its chief financial officer.

Michael Vels is expected to play a key role in Hydro One's plan to sell shares to outside investors through an initial public offering.

His appointment is effective July 1.

The chairman of Hydro One's board of directors, David Denison, says Vels has experience in mergers and acquisitions that will be valuable as the utility firm undergoes the transition to a publicly traded company.

The Ontario government hopes to raise $9 billion from the partial sale of Hydro One, with $5 billion earmarked for hydro debt and $4 billion going to public transit projects.

Prior to joining the Canada Bread bakery arm of Maple Leaf Foods in 1991, Vels worked in the United Kingdom and trained in South Africa as a chartered accountant.

THE CANADIAN PRESS

Rendering of the planned Victims of Communism memorial in Ottawa. COURTESY ABSTRAKT STUDIO

Proposed memorial faces more scrutiny

OPPOSITION

Veterans, planners, architects to state concerns

Michael Woods
Metro | Ottawa

The debate over the proposed Memorial to the Victims of Communism will rage onward this week, as the National Capital Commission's board of directors will discuss the project amid renewed opposition to its location.

The controversial plan for the $5.5-million memorial on Wellington Street between the Supreme Court building and Library and Archives Canada has been facing scrutiny for months, with opposition from architects, planners, local politicians and community groups.

On Thursday, the NCC's board of directors is scheduled to hear an update on all aspects of the project, including the design. That item is scheduled to be information-only, but the board will vote on a second item regarding decontamination of the site.

> **Listen to the people of Canada.**
> Open letter to Russell Mills

A group of veterans will reportedly be at the meeting to voice their opposition to the memorial's size (it would be bigger than the National War Memorial).

A coalition of architects and planners wrote an open letter to NCC chairman Russell Mills on Monday urging him to "listen to the people of Canada" and raise the matter with Prime Minister Stephen Harper directly.

The City of Ottawa has already passed a motion asking the federal government to relocate the memorial. The Conservative government has stuck to its plan, saying there's no need to move the memorial to a different location.

On Wednesday, Ottawa Centre Liberal candidate Catherine McKenna is leading a walk from the planned site to the original proposed site, the Garden of Provinces and Territories, further west.

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Nickelback cancels tour, including Ottawa show

MUSIC

Lead singer Chad Kroeger faces vocal surgery

Michael Woods
Metro | Ottawa

Ottawa Nickelback fans: This is how your favourite band disappoints you.

The Alberta rockers have cancelled their July 23 show at the Canadian Tire Centre — and the rest of their North American tour — because lead singer Chad Kroeger needs surgery on his voice box.

A statement on the band's website said Kroeger has been diagnosed with an operable cyst on his voice box and he will undergo surgery in three weeks, followed by doctor-ordered vocal rest.

"I am sorry I have to interrupt the party this summer and I am definitely not thrilled with the prospect of being silent for many weeks to come when I could be out there playing for our fans," Kroeger said in the statement. "I am relying on my doctor and his team to help get my voice back in good form as quickly as possible."

> **I am sorry I have to interrupt the party this summer and I am definitely not thrilled with the prospect of being silent.**
> Chad Kroeger

In a video on the band's website, bassist Mike Kroeger apologized on behalf of the band and said they understand people's frustration.

"We completely understand people will be upset about this," he said. "Sometimes these things happen, and we need him to properly take care of his voice so we can continue to do this."

The band said ticket refunds will be available at the point of purchase. They cancelled shows over the weekend hoping that the rest would help their lead singer recover, but later learned the situation was more serious.

It's not the first letdown for area Nickelback fans of late. This show was originally scheduled for Feb. 17, but it was postponed to July 23 due to bad weather in the northeastern U.S.

Fans of the band weren't pleased with the news. One fan wrote on Twitter: "Thanks @Nickelback for not once, but TWICE cancelling your showing in Ottawa. I'm done with this s–."

The band says the tour will resume as scheduled on Sept. 30 in Helsinki, Finland, and it plans to return to North America next year.

Nickelback is canceling its summer tour, as lead singer Chad Kroger has been diagnosed with an operable cyst on his voice box. CARLOS OSORIO/THE ASSOCIATED PRESS FILE

EDUCATION

OCDSB passes budget, but more cuts sought

The Ottawa-Carleton District School Board passed its $856-million budget Monday night, but more cuts will be needed to keep it from going deeper into the red.

The 2015-16 budget is the first step in the board's three-year plan to reign in spending to align with cuts from the Ontario government.

Despite cuts to staffing, the budget still includes a deficit of around $12.7 million.

The board's chief financial officer, Michael Carson, said in May that half of that comes from transportation costs, which the province is expected to reimburse.

The remaining amount will be paid for from the organization's dwindling reserves.

Approved cuts to the budget included academic staffing, learning support services, cleaning costs and professional development. Twenty-three custodial staff will lose their jobs, according to board representative Sandy Stewart.

"The reductions in staffing will have an impact on the system, but every effort will be made to minimize the direct impact on the classroom," reads a release from the board.

"Trustees and staff recognize that there will need to be additional changes to the way services are delivered in the next two to three years to ensure that the OCDSB can effectively operate within the ministry's funding."

HALEY RITCHIE/METR

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FOSSILS ANCIENT FOUR-LEGGED FISH BACK IN CANADA The scull part of a fossil of Tiktaalik roseae, which is a 375-million-year-old lobe-finned fish, is displayed during an event at the Research and Collections Facility of the Canadian Museum of Nature in Gatineau, Quebec on Tuesday. American researchers discovered the fossil as part of larger fish fossil discovery in 2004 on Southern Ellesmere Island in Canada's High Arctic. The fossils have been brought home to Canada after a decade of study in American laboratories.

SEAN KILPATRICK/THE CANADIAN PRESS

Councillors against boundary review

CITY HALL

Harder, Qaqish echo mayor's wish to delay until next term

Lucy Scholey
Metro | Ottawa

Two councillors likely to be affected by a ward boundary review are on board with Mayor Jim Watson's calls to delay the process.

Jan Harder and Michael Qaqish, who represent Barrhaven and Gloucester-South Nepean, respectively, echoed the mayor's comments on Tuesday in calling for the boundary change review to be pushed back to next term.

Barrhaven, the city's largest ward, is home to 57,800 residents, while Gloucester-South Nepean boasts 49,290 residents. That's almost or more than double the smallest ward, West Carleton-March, which has 25,675 residents.

By the time the next municipal election rolls around in 2018, the report predicts that Barrhaven and Gloucestor-South Nepean will exceed the average ward population size by more than 25 per cent.

Harder, who chairs the planning committee, said the city needs to review ward boundaries again, but there are too many major files in the works this term, including the light rail transit (LRT) and the new central library. "We're at a point where we need to be looking at it," she said. "I'm just saying, as far as a priority with all the priorities we have, I agree with the mayor."

Qaqish said he doesn't feel reviewing the boundaries of his ward, which stretches from Findlay Creek to Barrhaven, is a "pressing issue."

"There is a financial factor to doing a comprehensive review of that nature, but the more important thing is to make sure that residents feel that they are well represented at council," he said.

On June 29, the finance and economic committee will review a report on the need for a ward boundary review. Shortly after the agenda was published on Monday evening, Watson sent an email saying he would not support any plan that puts an additional cost on taxpayers. Further, council has a busy agenda this term. "The report indicates that there have been very few requests from residents asking for a change to their ward boundary, and I can confirm that I have not heard from anyone over the past 4-1/2 years looking for a change," he wrote.

> **"We're at a point where we need to be looking at it ... as far as a priority with all the priorities we have, I agree with the mayor.**
> Coun. Jan Harder

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Senate pushed to pass bills

POLITICS

Taxpayers group urges passage before summer break

Michael Woods
Metro | Ottawa

The House of Commons may have risen but the beleaguered Senate was still in session on Tuesday — which, in the eyes of one advocacy group, means there's still time for senators to pass two more bills before packing up for the summer.

The Canadian Taxpayers Federation urged the Red Chamber to pass the two bills — one concerning parliamentarians' pensions and the other about union finances — before it rises.

At press time the Senate was still in session.

Bill C-518, the Protecting Taxpayers from Convicted Politicians Act, would strip the taxpayer-funded portion of pensions from parliamentarians convicted of certain crimes. Conservative MP John Williamson — a former Canadian Taxpayers Federation director — introduced the bill in 2013 and the Commons passed it nearly unanimously in February of this year.

A taxpayers group would like a couple of bills passed before senators leave the Red Chamber for the summer. ADRIAN WYLD/THE CANADIAN PRESS

"I would say if you're convicted in a court of law of stealing from taxpayers, it makes sense that you shouldn't be able to turn around and collect your pension from taxpayers," said Canadian Taxpayers Federation federal director Aaron Wudrick.

> **They know amending the bill at this stage kills it.**
> Aaron Wudrick

"It seems like a no-brainer law."

With the Senate referring nine senators' expenses to the RCMP after the Auditor General's report on Senate expenses, the bill is a timely, albeit sensitive, one for the Red Chamber.

But things weren't looking good for the bill Tuesday. In committee, senators introduced a pair of amendments. If approved, the bill would need to be sent back to the House to become law.

"They know amending the bill at this stage kills it because it has to go back to the House, and the House has risen," Wudrick said. "If you really believe these are bad bills and you want to thwart the will of the elected chamber, at least have the guts to stand up and vote on them."

Another bill, C-377, would force labour unions to disclose how they spend their money. It is a controversial bill that unions and some senators have fiercely criticized, calling it unnecessary, undemocratic and an invasion of privacy.

The Senate did pass the Reform Act on Monday night. That's Conservative backbencher Michael Chong's bill to rebalance the relationship between MPs and party leaders. It had received all-party support in the House of Commons.

IN BRIEF

Transitway changes coming to east end

Ottawa's east-end bus riders should brace for service changes starting this weekend, as the light rail transit construction heats up for the summer.

Starting on Sunday, June 28, the Transitway will be closed between Blair and Hurdman Stations. Most buses will instead travel on Highway 417 and Road 174.

How might this affect you? Cyrville station will be closed and some routes will no longer stop at Lees, Hurdman, Train or St-Laurent.

The city is also adding buses, including Route 91 for a faster trip downtown, and Route 92.

Sections of the Transitway will be closed over the next three years.

METRO

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Canadian students are more connected, more mobile and more social than ever before

24% of Grade 4 students, **52%** of Grade 7 students, and **85%** of Grade 11 students own a cell or smartphone.
Source: Media Smarts Survey 2014

39% of students with cell phones sleep with them.
Source: Media Smarts Survey 2014

Among grades 4-6 students, **30%** have a Facebook account and **16%** have a Twitter account even though they're barred for users under the age of 13.
Source: Media Smarts Survey 2014

A Kids Help Phone study reported that **70%** of the kids surveyed have been bullied online, and **44%** admitted to bullying others.
Source: Kids Help Phone (Cyber-bullying: Our Kids' New Reality) (2007)

36% of Grade 11 students with access to a cell phone have received a sext.
Source: Media Smarts Survey 2014

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Path to citizenship to get harder for thousands

IMMIGRATION

Lawyer says C-24 creates 'two classes of citizens'

Gilbert Ngabo
Metro | Toronto

It's a tale of two contradictions, says Toronto immigration lawyer David Cohen.

Canada, a country that prides itself on diversity, has just made it harder for immigrants to become citizens.

Germain Zima is among the estimated thousands of Torontonians caught in the snarl of what moved through government channels as Bill C-24.

The law, which took effect earlier this month, requires that immigrants be in Canada as permanent residents for four years before applying for citizenship. That's up from three.

The legislation also means time spent in the country on a work or student visa will no longer be credited toward the citizenship countdown.

"It's utterly unfair and unfortunate," said Zima, who came to Toronto from Rwanda seven years ago and has been a permanent resident since 2013.

He had expected to be eligible for citizenship on July 4. Now, he can't apply until 2017.

"In the past, changes didn't have hard effective dates, why now?" Zima said, adding implementation of the law should be phased in to give people a chance to transition. "Stronger laws to allow authentic applicants to get citizenship are good but shouldn't punish all applicants."

Cohen, who's with the firm Campbell Cohen and operates the website Canadavisa.com, has been watching the legislation since it was introduced by the Conservatives in February 2014.

His position is clear: "I don't think it's a very good law."

Along with making the waiting period longer, the law gives the government authority to revoke citizenship if an immigrant is convicted of crimes such as terrorism or treason.

"They've now created essentially two classes of citizens, making some feel less Canadian than others," Cohen said.

Added immigration lawyer Chantal Desloges: "I'm not saying we should feel sorry for people who commit acts of terrorism, but it seems a bit arbitrary that we'd get two different punishments for the same actions."

An online petition calling for the legislation to be repealed has been signed by nearly 100,000 people across the country. Many of the supporters are here in Toronto.

The possibilities of seeing the law changed are distant, Cohen and Desloges said.

"I don't see any realistic notion that the change could happen any time soon," Desloges said. "It'll be very difficult for any other political party to try to reverse that."

Rosimay Venancio at her Canadian citizenship ceremony in Mississauga, Ont., on Monday. The 25-year-old, recipient of the prestigious Queen's Young Leaders Award, is one of Canada's newest, proudest citizens. LAUREN PELLEY/TORSTAR NEWS SERVICE

2.5M

Number of foreign-born Torontonians.
STATISTICS CANADA

> **It's utterly unfair and unfortunate.**
> Germain Zima

MORE RULES

The new immigration legislation also requires:

- People applying for citizenship declare their intent to live in Canada. Critics say that's unfair because people born in the country don't lose their citizenship by living elsewhere.
- People 14 to 64 must now sit for the language test when applying for citizenship. The previous age was 18 to 54.

WINNIPEG

X-rated cockpit chatter goes live

A naughty conversation left Winnipeg residents with their jaws dropped Monday night, when the Winnipeg Police's AIR1 Helicopter "inadvertently" activated their public address system.

On Monday around 9:30 p.m. AIR1 was on a routine patrol when the public address system was switched on.

A number of Winnipeggers took to Twitter to say they could hear those in the chopper having a X-rated conversation about oral sex.

"Does the #Winnipeg chopper realize the entire West End can hear their convo about blow jobs right now?" asked Twitter user @natncello. Others snippets of the conversation included "too much body hair," tweeted Natanielle Felicitas.

Stephen Kernaghan was hanging out by the Manitoba legislature building with friends when they heard someone talking through what sounded like a megaphone. "It was very bizarre. They were cursing quite a bit," said the 26-year-old English teacher. "They're talking about how someone only makes $600 a week ... We caught the tamer version, which is sort of a shame."

Winnipeg Police apologized for the improper chopper conversation and admitted parts of the conversation were inappropriate.

DAVE BAXTER/METRO WITH FILES FROM THE CANADIAN PRESS

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Americans remain divided over the Confederate flag

POLITICS

Some retailers pull flags, while manufacturers see sales jump

Protesters hold signs as they chant during a rally to take down the Confederate flag at the South Carolina Statehouse on Tuesday in Columbia, South Carolina. RAINIER EHRHARDT/THE ASSOCIATED PRESS

Even as national retailers pull Confederate flags from shelves and websites after the shooting deaths of nine black church members in South Carolina, manufactures that produce the divisive symbol say that sales are now surging.

"I don't sell the Confederate flag for any specific group, I just sell the flag," said Kerry McCoy, owner and president of Arkansas' FlagandBanner.com. "This is America. Everybody has a right to be represented whether you are a history buff or a nut."

McCoy said her company expects to sell about 50 of the flags over the next week. That's about half of what they typically sell in a year.

Sears, eBay and Etsy said Tuesday that they would remove Confederate flag merchandise from their websites. Sears does not sell the merchandise inside Sears or Kmart stores.

A wave of merchandise bans came a day after Wal-Mart Stores Inc. said that it would remove all Confederate-themed items from its store shelves and website after the South Carolina shooting suspect, Dylann Storm Roof, appeared in photos holding the flag.

White House Press Secretary Josh Earnest, asked about the retailers pulling flags from stores, said those are "decisions for individual businesses to make."

"We welcome those decisions but obviously those are decisions that should be made by individual businesses."

The red-white-and-blue Confederate battle flag represents racism to many, and southern heritage to others. The debate over its place exploded after the church shootings. South Carolina Gov. Nikki Haley said Monday that the flag should be removed from the Statehouse grounds.

Pete Van de Putte said sales of Confederate flags are surging at his Dixie Flag Manufacturing in San Antonio, Texas.

"Any time there is a controversy about any flag, we sell more flags," he said.

THE ASSOCIATED PRESS

> **This is America. Everybody has a right to be represented whether you are a history buff or a nut.**
> Kerry McCoy, owner of FlagandBanner.com

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MILITARY

U.S. to aid defence in 6 European countries

The U.S. will spread about 250 tanks, armoured vehicles and other military equipment across six former Soviet bloc nations to help reassure NATO allies facing threats from Russia and terrorist groups, Defence Secretary Ash Carter announced Tuesday.

Carter's announcement, made as he stood with defence chiefs from Estonia, Latvia and Lithuania, comes a day after he announced that the U.S. would have other weapons, aircraft and forces, including commandos, ready as needed for NATO's new rapid reaction force, to help Europe defend against potential Russian aggression from the east and the Islamic State and other violent extremists from the south.

> **In global terms Russia is no match conventionally to U.S. or to NATO, but here in our corner of the world, Putin believes that he enjoys regional superiority.**
> Sven Mikser, Estonian defense minister

The defence chiefs standing with Carter all spoke bluntly about the threat they perceive from Russia, and the latest military plans provide a show of solidarity across the region and in NATO. Estonia Defence Minister Sven Mikser said the Baltic leaders aren't trying to restart the Cold War arms race or match Russian President Vladimir Putin "tank for tank," but the additional military presences will be a deterrent to Russia and could change the calculous.

"In global terms Russia is no match conventionally to U.S. or to NATO, but here in our corner of the world, Putin believes that he enjoys regional superiority," Mikser said, adding that Estonia is eager and ready to accept the equipment immediately.

Each set of equipment would be enough to outfit a military company or battalion, and would go on at least a temporary basis to Bulgaria, Estonia, Latvia, Lithuania, Poland, and Romania. Carter said the equipment could be moved around the region for training and military exercise.

Germany will be participating in the expanded military effort,

THE ASSOCIATED PRESS

IN BRIEF

Leaks back suspicions of money links between Saudi Arabia, Arab media

A financially troubled Lebanese TV network received a $2 million Saudi bailout in return for adopting a pro-Riyadh editorial policy. A news agency in Guinea got a $2,000 gift, while small publications across the Arab world received tens of thousands of dollars in inflated subscription fees.

That's the picture that has emerged from Saudi diplomatic correspondence published by the WikiLeaks group, backing long-held suspicions the kingdom uses its oil wealth to buy influence with media and research centres across the Muslim world. The leaked cables suggest an effort to dampen criticism, varnish the country's image and strengthen allies in the Arab world. THE ASSOCIATED PRESS

Penguin found alive after Georgian capital flood

Rescue workers cleaning up a zoo in Tbilisi wrecked by severe flooding have found one of its missing penguins alive, hiding in the bushes.

Zoo spokesman Mziya Sharashidze said Tuesday the bird was the tenth of its 17 penguins found alive after the June 14 flooding that killed more than half of the zoo's 600 inhabitants.

Police and volunteers in Tbilisi are still searching for a tiger and a hyena believed to be on the loose. Last week, a runaway tiger mauled a man to death before being killed by police. THE ASSOCIATED PRESS

Police arrest vet wanted for smuggling drugs in dogs

A spokeswoman for Spain's Civil Guard said Tuesday that 33-year-old Andres Lopez Elorza was arrested Saturday in the northwestern town of Santa Comba where he had been hiding after the National Court authorized his extradition last month. Police said Colombian authorities discovered 3 kilograms of heroin implanted in three puppies during a 2005 raid on a clinic the vet ran in Medellin. The statement said the vet was a member of drug-trafficking gang that used dogs to send liquid heroin from Colombia to the U.S.

Lopez was arrested in Spain in 2013 but released while his extradition was being considered. The spokeswoman said Lopez had been living in Spain for eight years and was married with two children. THE ASSOCIATED PRESS

CIBC President and CEO Victor Dodig speaks to the Empire Club of Canada in Toronto on Tuesday. Dodig announced the bank would be the first of the major Canadian banks to offer consumers the opportunity to add their Visa or Mastercards to the Suretap wallet smartphone app.
NATHAN DENETTE/THE CANADIAN PRESS

CIBC gets on board with Suretap App

FINANCE

Mobile wallet lets users add credit cards to smartphones

The Canadian Imperial Bank of Commerce (CIBC) has joined Canada's major wireless carriers in backing the Suretap mobile payments app.

Rogers, Bell, Telus, Koodo and Virgin are all offering the mobile wallet across a range of Android and BlackBerry phones.

CIBC says its customers will be able to use Suretap to add their Visa or MasterCard credit cards to their smartphones.

That makes CIBC the first of the five biggest Canadian banks to announce its support of Suretap.

CIBC was also the first of the major banks to announce that its customers can conduct mobile banking via the Apple Watch.

The Suretap wallet uses near field communication (NFC) technology to make payments with a smartphone.

CIBC also has its own mobile payments app, which allows customers to charge purchases of up to $100 to a credit card.

"Our partnership with Suretap gives our clients choice when it comes to paying with their smartphone and builds on our commitment to delivering the payments solutions that reflect where are our clients' needs are today and where they are going in the future," Todd Roberts, senior vice-president of cards and payments innovation at CIBC, said in a statement.

THE CANADIAN PRESS

TRANSPORTATION

Ride-hailing apps target youth, teens

Sacha Simmons used to dread taking a taxi to her high school or someplace else to hang out with her teenage friends when her parents weren't around to give her a ride. Sometimes, the cab drivers wouldn't show up or, when they did, they were rude or haggled with her about the fare.

Those frustrations disappeared a few months ago when her parents introduced her to Shuddle, a ride-hailing service that caters to youngsters who need a lift when mom and dad are too busy to drive.

"I had some pretty bad experiences with cabs," Simmons, 16, says. "Shuddle is less of a hassle and I feel safe with their system. The driver knows who I am and it's more secure."

Shuddle is among a crop of California services providing rides to eight- to 16-year-old kids who need to get to school, a sporting event or a social activity. On Tuesday it introduced ShuddleMe, an app that lets the kids book the ride themselves within an hour of when the service is needed.

Besides Shuddle, kid-friendly ride-hailing options include HopSkipDrive and Boost, an experimental service backed by car maker Mercedes-Benz. Both those services require rides to be booked at least a day in advance.

These alternatives are seizing an opportunity created by better known ride-hailing services such as Uber, Lyft and Sidecar, which all have policies against giving rides to minors who aren't accompanied by an adult.

Shuddle charges a $9 monthly membership fee and its fares are about 15 per cent higher than Uber's for comparable trips. The membership fee and surcharge help pay for background checks of Shuddle's drivers. THE ASSOCIATED PRESS

IN BRIEF

Le Chateau founder lends $15M to company

Le Chateau is once again turning to its founder to finance the fashion retailer's operations and store renovations.

Instead of tapping banks, Herschel Segal is providing a $15-million loan on top of the $10 million the majority shareholder already lent.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Wednesday, June 24, 2015

the big question

Will we ever get our hover bikes?

Maybe. Until recently, hover bikes, like robot butlers and flying cars, remained a pipe dream even in our high-tech world. Now a deal between British and American engineers and the U.S. Department of Defense will see science fiction come to life in the form of a "quadcopter." The prototype looks like a sideways-turned bicycle with two extra wheels — but it can fly. Its creators want to see it in your local bike shop one day as well as in the American arsenal. Billed as a cheap and safe alternative to helicopters, it will be designed to manoeuvre in small spaces and function manned or unmanned — though it's not powered by a repulsor engine like Star Wars' speeders. SOURCE: REUTERS

Why McDonald's is no longer our kind of place

SOCIAL DISCOURSE
Omar Mouallem

This is what dying looks like: Burger King injecting its sandwiches with bright red colouring; Dairy Queen using "artisanal" Italian breads; Taco Bell vying to sell alcohol; and Pizza Hut simultaneously decrying artificial ingredients and slipping hot dogs in its crusts.

These chains don't know whether to appeal to the best or worst in us, but what's certain is North America's love affair with fast food is over. The Big Macs' side of the bed has been replaced with Chipotle, Five Guys, Freshii and "fast casual" restaurants promising better ingredients, customizable meals, healthier food and a brand experience you don't have to keep secret.

The whole fast food landscape is being gentrified by a burrito bowl that's twice the price and equal the calories. I used to beg for birthday parties at the McDonald's Play Place. But inviting your kid's friends' parents to such a cesspool is too debased for most middle-class parents, too demeaning in the age of Omega-3 supplements and free-range chicken cutlets.

So, for the first time since the 1970s, McDonald's is dismantling more golden arches than it's erecting. It's safe to presume it won't leave the low-income areas of Canada and the U.S., as these quick-service restaurants have increasingly become class indicators.

There's also a generational shift that figures to be too strong for these brands to hold off in the long run. Millennials rich and poor are giving up on fast food. According to a 2014 RBC and NPD Group study, even traffic among low-income 18- to 33-year-olds has dipped at the Big Three (McDonald's, Burger King and Wendy's). Perhaps, just as my generation is eschewing personal vehicles for public transit and cycling in larger numbers, this is a rejection of our parents' unhealthy values.

Then again, we put the gas money we saved toward $12 gourmet burgers and shakes, plus another $2 for the egg topping. So much for healthier values.

So what is our problem with classic fast food?

It seems we're yearning for a simpler marketplace that doesn't bombard and allure us with gimmicks and movie tie-ins. The fatigue of seeing golden arches on every fifth block is worth travelling five more blocks for something slightly more cottage, even if it costs more and is a multi-million- (but not billion-) dollar brand.

Fast food in the old mould will always be there for us: when we're struggling financially, staggering drunk or needing nostalgia. But like car ownership, suburbs and all the goodies that came with the postwar boom, it had to peak eventually. And at the rate of Chipotle's growth, its peak is inevitable too.

These chains don't know whether to appeal to the best or worst in us, but what's certain is North America's love affair with fast food is over.

In the meantime, this new breed of restaurants also shows that quality-ish food doesn't have to be so expensive. The middle ground between fast and formal food used to be a costly night at Olive Garden. Now those "casual dining" brands are also suffering because the fast-casual Chipotles of the world are eating their lunch, too.

Omar Mouallem (@omar_aok) is based in Edmonton and edits the Yards. Social Discourse appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

What ancient footprints on a B.C. island can teach us

Footprints in the sand are the cliché cover of a 1980s soft rock album.

Not, you would think, a headline-grabbing discovery.

The discovery in question is not even the kind likely to change much for any of us — it's not a possible cure for the flu, not a new alternative fuel to save us from oil, not the answer, once and for all, to whether Toronto is the centre of the universe.

But it's got our attention: What may be the oldest footprints in North America have been discovered on the shore of a B.C. island.

They were likely made 13,200 years ago by a mum, a dad and a child getting too close to the fire, maybe, or getting cranky or just getting in the way. The 12 footprints indicate a family group: a larger adult, a smaller adult and a child with size 7 feet.

The very early 'us'. And that is why we care.

The footprints on Calvert Island, preserved in clay covered by black sand, speak to our underlying, undeniable, ancient humanity. Not to our gender or our nationality, not to our race or our class or whether we stand by Bill Cosby (I can't believe you people).

It is a sense of global belonging to which even the researchers at the site, concerned as I imagine they are with the practical implications, are not immune.

"It makes the hair on the back of your head stand up," archaeologist Duncan McLaren told media. "When we started finding them, the excitement in the air was electric. It was really quite amazing. You know, there is no doubt in my mind what we were finding."

"You could see individual feet, you could see the heel pads, the toes, the arch of the foot," said fellow archaeologist Daryl Fedje. "It was just mind-boggling."

Once, when I was about five, I found an old key in the woods near our family cottage on Lake Muskoka. It was black and too large to be any key to our house or to our neighbours'. I kept it and searched for the door it might open, until I realized the door was probably gone, and so were the people who used the old key. It was only a remnant of them, like inscriptions in a used book, or graffiti on an abandoned building.

The footprints may teach us about the earliest people on Canada's coast, but they are most powerful as a nod to a brief moment in a human life, and to the imponderably long lineage of men and women through which we're all connected.

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Wednesday, June 24, 2015

The *buzz* around cold brew

ON TREND

Coffee chains and indie shops serving up the 'luxury' bevvy

Melissa Dunne
For Metro | Life

A barista at Balzac's café in Toronto's Distillery District pours a cup of cold-brew coffee from a pressurized tap generally used to serve beer. LIZ BEDDALL/METRO

Cold-brew coffee is one of the hottest drinks this summer.

When the mercury starts to rise Canadians often switch their regular hot cup of joe for a cold espresso-based drink.

But this season, many of us are hot under the collar for unadorned cold-brew coffee. While the beverage has been around for years it has recently moved from the fringes to the mainstream, with even Starbucks now offering it at select stores in the U.S. and Canada.

Cold brew is often served on tap or in what look like beer bottles at indie cafés. Alas, the coffee drink has no alcohol in it. But you'll likely still get an extra buzz from it, as it tends to be much higher in caffeine content than your average cup of java.

Balzac's Coffee Roasters just started offering cold brew on tap at its Distillery District location in Toronto, as well as at its Guelph, Ont., café earlier this month. Diana Olsen, founder of Balzac's, said she tested cold brew in stores last summer and it got customers buzzing.

The small coffee chain, now with 10 locations in Ontario, teamed up with Toronto's Mill Street Brewery to make their take on the drink. Balzac's version steeps a fresh-roasted Bolivian and Indonesian coffee blend in large tanks of cold water then infuses it with high-pressure nitrogen.

A 12-ounce serving of Nitro Cold Brew is $4.25, which is on par with what you'd pay for an iced latte, but pricier than a regular old iced coffee.

So why pay more for cold brew? Because it's a "luxury" product, says Olsen.

"The cold and slow brewing process extracts less of the undesirable oils and acids which contribute to a bitter taste in traditional iced coffees," she explained in an email interview. "The result is sweeter and smoother."

Chris McKenzie, owner of Jamaica Blue Coffee Co. in Vancouver, agrees with Olsen that cold brew is much more than simply iced coffee.

He started selling his take on cold brew in bottles in Squamish, B.C., last summer and it was popular from the get-go.

At first it was mainly young hipsters interested in the trendy beverage. He says his customers these days tend to skew a bit older, with many drawn to the lower acidity in cold brew versus iced coffee.

Jamaica Blue's version has become so popular it's now available in a handful of Whole Foods stores and small grocers in the Vancouver area.

McKenzie said he isn't worried about the big guys brewing up their own cold brew.

"Starbucks offering it was the best thing to happen," he said in a phone interview. The world's largest coffee chain, perhaps most famous for its sweet Frappuccinos, is now educating the masses about the benefits of paying a premium for what looks like a plain cup of cold-brew coffee, McKenzie points out.

While very on trend, both McKenzie and Olsen are confident cold brew is not a flash-in-the-pan fad. Although Canucks still clearly love their Frapps and Iced Capps, there's also a time when many don't want a drink overflowing with whipped cream, flavoured syrup and more calories than an ice-cream cone.

Drinking coffee that actually tastes like coffee and not a dessert in a cup on a hot summer's day? That's a "fad" with staying power.

WHAT THE HECK IS COLD BREW, ANYWAY?

To be clear cold brew is not iced coffee. Clear as mud? Put simply: Iced coffee is just that — usually hot coffee brewed the regular way then poured over ice. Cold brew, on the other hand, is more of a process. Coffee grounds are steeped for several hours, then the grounds are filtered out before it's served or bottled.

CAFFEINE CONTENT

Cold-brew coffee typically has more caffeine than regular coffee, but the exact amount depends on several factors. Jamaica Blue Coffee Co.'s cold brew has about three times more caffeine than regular coffee, but it is bottled as a concentrate. Generally, if you use two parts water and one part concentrate it has about 11 per cent more caffeine than a standard cup of coffee, says the coffee co.'s owner Chris McKenzie.

ACIDITY

Cold-brew coffee typically is significantly less acidic than your average cup of brewed coffee. Again, it depends on numerous factors, but the makers of the Toddy Cold Brew System say cold-brew is about 67 per cent less acidic than hot coffee brewed the regular way.

CAN I MAKE MY OWN COLD BREW?

You can get a cold-brew coffee kit via websites like Amazon, or at most indie cafés this time of year. The kits will generally have a decanter and filter, as well as step-by-step instructions. Ask your local barista which beans are best for your homemade cold-brew concoction.

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Balsamic-Soy Angus Steak

Preparation time: 10 minutes. Marinade: 3 hours. Cooking time: 20 minutes. Makes 6 servings.

Ingredients:

- *3 tbsp balsamic vinegar*
- *3 tbsp honey*
- *3 tbsp soy sauce*
- *3 tbsp vegetable oil*
- *1 green onion, finely chopped*
- *½ tsp black pepper*
- *6 Angus strip loin steaks*

Directions:

1. Whisk balsamic vinegar, honey, soy sauce, vegetable oil, green onion and black pepper together in a large bowl. Add steaks or place steaks and marinade in resealable bags. Rub marinade onto meat. Cover or seal. Let steaks marinate for at least 3 hours or up to 1 day. Bring meat to room temperature before barbecuing. This will take about an hour.
2. Oil grill and preheat barbecue to medium-high. When preheated, remove steaks from marinade and shake off any excess. Place steaks on grill. Barbecue according to package directions or until desired doneness.
3. Transfer steaks to a platter and cover loosely. Let stand for 10 to 15 minutes to allow juices to redistribute. Serve immediately.

Originally published in Walmart LiveBetter, Summer 2013.

Lemon and Garlic Grilled Chicken

Preparation time: 10 minutes.Total time: 1 hour. Makes 6 servings.

Ingredients:

- *8 skin-on, bone-in chicken pieces*
- *½ cup lemon juice*
- *3 tbsp olive oil*
- *1 tbsp garlic powder*
- *1 tbsp dried oregano leaves*
- *1½ tsp dried basil*
- *½ tsp salt*
- *½ tsp black pepper*

Directions:

1. Trim excess fat from chicken skin (this will prevent flare-ups on the grill). Make several shallow cuts in the chicken to allow marinade to infuse.
2. Whisk lemon juice with oil, garlic powder, herbs and salt in large bowl. Season with pepper.
3. Add chicken and turn to coat. Marinate at room temperature for 20 minutes or refrigerated for up to 4 hours.
4. Preheat barbecue to medium-low. Oil grill.
5. Remove chicken from marinade (do not discard marinade). Barbecue with lid closed, 15 minutes, then baste chicken with remaining marinade.
6. Flip chicken and continue grilling, with lid closed, until chicken feels springy when pressed, 15 to 20 more minutes.

Originally published in Walmart LiveBetter, June 2014.

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DEPRESSION

Impact of online bullying

About one in four children and adolescents on average report being the targets of cyberbullying, which is linked to a risk of depression among those victimized through email, texting or social media sites like Facebook, an international research review has found.

The analysis of 36 studies, conducted by researchers at the University of Alberta and the Ontario Centre for Excellence for Child and Adolescent Mental Health in Ottawa, was published Monday in JAMA Pediatrics.

"Within the depression category, there was a consistent association between exposure to cyberbullying and an increased likelihood of depression," said lead author Michele Hamm, a research associate at the Edmonton university.

The studies showed that females are more often the objects of cyberbullying than males and that relationship issues — between friends or in a dating situation — are often at the heart of the electronic attacks.

"We did pull out a few themes," said Hamm. "Girls tended to be bullied about their popularity and appearance, and boys tended to be bullied more with homophobic comments and (about) their physical abilities."

Effects of being bullied included becoming withdrawn, angry or embarrassed, she said. THE CANADIAN PRESS

23%

Analysis of 36 studies found online bullying affected about one in four respondents or 23 per cent.

Bad cuts to fix bad behaviour

DISCIPLINE

Parents going viral with ugly hair cut videos shaming kids as punishment

Giving children bad haircuts, rather than taking away their gadgets, is growing among parents as a form of discipline. ISTOCK

Russell Fredrick's middle son was 12 when he wouldn't quit playing around in class and ignoring his homework, so the barber did what he does best. He picked up his clippers and cut off his fade.

But it wasn't just any cut. It was a complete shave intended as a form of discipline when other tactics like taking away gadgets failed to work.

"After I shaved him bald, I told him that if things continued I would get more creative with each cut," said Fredrick, co-owner of A-1 Kutz in Snellville, Ga. "But I never had to because he straightened up his act."

Fredrick and his son — one of three — are success stories in a social media trend: parents taking electric razors to the heads of their misbehaving tweens and teens to create ugly cuts as a form of punishment, then publicly posting the handiwork on YouTube, Facebook and elsewhere.

After Fredrick put a photo on Instagram of his son's shave late last year, parents began to approach him for embarrassing, old-man cuts dubbed Benjamin Button specials or the George Jefferson, named for their baldness up top and fringe left on the sides and around the base like the movie and TV characters they're named for.

He's done more than 20 since February, free of charge.

"Whenever people come in and ask for it we do it," said the 35-year-old Russell. "You've got to reach these kids before law enforcement has to do the punishing."

The spate of ugly-cut videos over the last six months or so has lit up debate over public shaming as discipline and fits into a broader trend of parents using social media video to humiliate their kids online, from yelling and screaming to smashing their computers or phones for infractions like bad grades or breaking curfew — to outright corporal punishment.

Clinical psychologist Claudia Shields of The Chicago School of Professional Psychology has helped parents find healthy ways of disciplining their children based on behavioural research. She's far from convinced that public shaming works.

> **"After I shaved him bald, I told him I'm going to get more creative with each cut.**
>
> Russell Fredrick, on punishing his son

"The most effective ways of changing behaviour, as surprising as it may seem, do not involve any form of punishment. I prefer discipline based on positive reinforcement. Many parents think that these are 'weaker' forms of punishment, but over and over, we find that this is more effective," she said.

Much has been made over the recent death of a teenage girl who killed herself in Tacoma, Wash., and a video shared online that shows her father scolding her after her hair was cut short. Police said, however, that the girl's death appears unrelated to the video and the father didn't share it on social media himself.

Fredrick is quick to point out that he gives away nice cuts as well to reward kids for excellent grades and to honour their birthdays.

And, the mother of his first Benjamin Button, named for the reverse-aging Brad Pitt character in The Curious Case of Benjamin Button, returned to let him know her son received an award at the end of school this year for best academic improvement.

"I try to talk to the kids a little first," he said. "They're usually pretty much embarrassed and feeling bad about what's going on. Nobody's come back a second time." THE ASSOCIATED PRESS

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BRAIN SCANS

Helping to understand trauma

Brain scans of passengers who believed they were about to die when their plane ran out of fuel over the Atlantic in 2001 are helping researchers better understand traumatic memories.

Air Transat Flight 236, bound for Lisbon from Toronto on Aug. 24, 2001, crash-landed in the Azores after gliding powerless over the ocean for 30 minutes. Some of the 306 passengers and crew on board developed post-traumatic stress disorder, or PTSD, as a result of the terrifying scare.

Brain imaging of eight of those passengers, conducted nine years after the event, shows the memories of that harrowing experience retained a rich vividness that "lit up" areas of the brain related to memory, emotion and visual processing.

The Canadian study, led by researchers at Baycrest Health Sciences' Rotman Research Institute in Toronto, will be published online this week in the journal Clinical Psychological Science.

"This traumatic incident still haunts passengers regardless of whether they have PTSD or not," said lead researcher Daniela Palombo, now a post-doctoral researcher at the Boston University School of Medicine.

"They remember the event as though it happened yesterday, when in fact it happened almost a decade ago (at the time of the scans)."

Placed inside a functional magnetic resonance imaging (fMRI) scanner, each of the passengers watched a video containing news clips related to the flight and were asked to recall as many details of their experience as possible. THE CANADIAN PRESS

Watermelon is a popular summer treat that not only hydrates the body but also balances your electrolytes with its high mineral content. VINCE TALOTTA/TORSTAR NEWS SERVICE/FILE

Juicy treat that beats the heat

SUMMER FRUIT

Quench your thirst with the juicy perks of watermelon

WORD OF MOUTH
Theresa Albert
myfriendinfood.com

Welcome to the first week of summer! Canadians work hard for their very few and very short dog days of the season. My hope is that you make the most of them with delicious hydrating, high-nutrient foods. Just for fun, take a look at what the Meteorological Service of Canada predicts your hottest day will be, and then stock up.

Summer's quintessential quencher, watermelon, can not only hydrate but also balance your electrolytes with its mineral content. According to Medical News Today, one cup of watermelon contains 17 per cent of vitamin A, 21 per cent of vitamin C, two per cent of iron and one per cent of calcium needs for the day. Watermelon also contains thiamin, riboflavin, niacin, vitamin B6, folate, pantothenic acid, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium, choline, lycopene and betaine.

So don't go grabbing a sugar-loaded sports drink to rehydrate. Instead, try these simple methods:

• Make watermelon water by blending one cup of cubed watermelon and adding to one litre of water.

• Freeze cubes to suck on (great dog treats, too!)

• Slip a slice of watermelon into a grilled cheese. Trust me, it's delicious!

• Use watermelon to make salsa or gazpacho in place of tomatoes. Check out a few recipes at watermelon.org.

Any fruit or vegetable will help hydrate you to beat the heat but there is something special about watermelon juice running down your forearms that brings you right back to summer camp days.

Theresa is a food and health expert and nutritionist who loves to spread the word on food.

OTTAWA'S HOTTEST DAY

Meteorological Service of Canada predicts that Ottawa's hottest day of the year will be July 22.
ENVIRONMENT CANADA

RECIPE

Grilled cauliflower steaks with lemon lime feta gremolata

Vegetable steaks are becoming increasingly popular. Cut up thick heads of cauliflower and grill or broil them just as you would beef steaks.

Mix finely chopped cilantro, lemon and lime juice, garlic, olive oil and feta to use as marinade. Cook both sides of cauliflower for four minutes, or until lightly charred.

Ingredients:

• 2 small heads cauliflower
• 1 clove garlic
• 1 lime, 2 lemons
• 1 cup cilantro leaves
• 2 tablespoons feta
• 1 tablespoon olive oil
• Salt and pepper seasoning

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metro DRIVE
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Millennials account for 27 per cent of new car sales: Enterprise Holdings survey

Cruize Diesel loves highway

ROAD TESTED

MIKE GOETZ/FOR METRO

REVIEW

Chevrolet sedan boasts big range, fuel efficiency

Mike Goetz
Metro | Canada

The diesel-ization of passenger vehicles in North America is still a work in progress, unlike in Europe, where it's almost the default engine option.

But at least the latest diesel passenger car to enter the North American fray, the Chevrolet Cruize Diesel, is not from another German brand.

There is a lot of German content, however, in this compact American sedan. The turbocharged, direct-inject, 2.0-litre I4 diesel engine is built at Opel's plant in Kaiserslautern, Germany, which churns out more than 400,000 of them annually for various GM products, including the Opel Astra.

GM had to substantially modify the engine to meet this continent's diesel emission regulations and different diesel fuel formation. Those two differences are what generally keep European-market diesels from automatically landing on our shores.

But we're really glad Chevrolet made the effort. The Cruize Diesel is an intriguing little sedan. It won't have mass appeal, but to those so inclined, it should have huge appeal. Basically, if you drive a bunch, and mostly on the highway, you'll reap the benefits from this model's exemplary highway fuel efficiency, rated at 5.1 L/100 km, its big range between full-ups (more than 1,000 highway klicks), and its very comfy, and quiet highway manners.

Diesel efficiency shines less so in the city, and you'll be more aware of the diesel's nosier character, which rises up under acceleration. The Cruize Diesel also doesn't launch particularly well from a dead stop, feeling low on power.

Once the engine is spinning a bit, however, the power gets meaty, and when you get to highway speeds it very serene and relaxed.

The diesel Cruize only comes in one, well-equipped model, featuring leather seats, 17-inch aluminum wheels, and six-speed automatic transmission. Many fans of diesels are also predisposed to manual transmissions, to better eek out the diesel's inherent fuel-efficiency advantages. If you're in that camp, you'll have to stick with the VW Jetta TDI, which offers more trim-level variations, and continues to dominate the entry-level diesel market.

The VW Jetta TDI is also a bit more fun to drive, and has more rear seat space. Otherwise the Cruize Diesel distinguishes itself well, and feels very solid and well built.

THE CHECKLIST | 2015 CHEVROLET CRUIZE DIESEL

THE BASICS

Type. Compact, four-door, FWD, sedan.
Engine (hp). 2.0-litre inline turbocharged four-cylinder diesel (151).
Transmission. Six-speed automatic.
Price. Base $25,295 (plus destination).

MIKE GOETZ/FOR METRO

POINTS

- 5.1 L/100 km highway fuel economy among the best of any non-hybrid car in Canada.
- European-sourced diesel augmented with urea exhaust treatment system to meet NA emission standards.

COOL FEATURES

- Text message alerts, Apple Siri integration, and OnStar with available Wi-Fi hotspot.
- Automatic front grille shutters, underbelly aerodynamics, and low resistance tires.
- All wheel disc brakes, to better handle extra weight of diesel powertrain.

MARKET POSITION

- Aims to grab a slice of the entry-level diesel market.
- Super highway fuel economy and range appeals to those with long commutes.
- Premium for diesel engine, plus high-level of standard equipment, translates to a small, upscale sedan.

THE COMPETITION

VW Jetta TDI
Base price: $23,890

Mazda6 SKYACTIV-D
Base price: TBA

Audi A3 TDI
Base price: $35,300

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Lighter Camaro, better performance

NEW CARS

Innovation on show in coupe

Shedding nearly 100 kilograms over the current model will give the 2016 Chevrolet Camaro coupe (right) better fuel economy with more nimble and responsive handling, the company says. The 2.0-litre four-cylinder turbocharged base engine combined with a smaller body and greater use of aluminum shows the 2016 Camaro "incorporates our most innovative engineering."

THE GREEN ANGLE

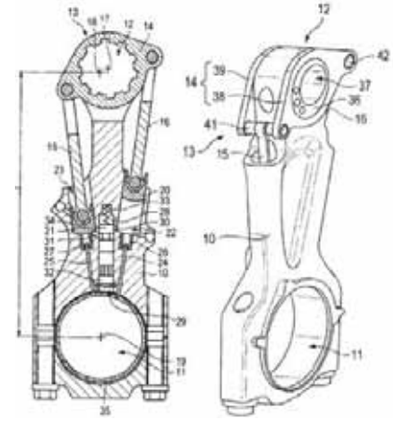
Metro's weekly picks for the latest in environmental news

TEXT AND IMAGES BY WHEELBASE MEDIA. PRIUS PLUG-IN HYBRID PHOTO BY TOYOTA

PRODUCTION

Porsche tackles turbo engine

Porsche is working on a viable variable-compression-ratio version of the turbo-charged internal combustion gasoline engine, revealed in the form of a newly published patent (right). Able to alter its compression ratio from low to high depending on turbo boost, it has the potential to maximize fuel economy and efficiency while simultaneously improving outright performance.



FUEL

F-150 to offer cleaner burn

Automaker Ford will offer its 2016 F-150 full-size pickup truck with an available "gaseous fuel-prep package" that enables its 5.0-litre V8-powered models to run on cleaner-burning, lower-cost compressed natural gas (CNG) and propane. The CNG pickup will be able to tow the same amount as similarly sized gasoline engines, Ford said. Payload capacity is the same, as well, "minus the weight of the installed CNG or propane system." Comprised mainly of methane, compressed natural gas is stored and distributed in pressurized containers. CNG can reduce carbon-dioxide emissions by about 20 per cent when compared with the same vehicle operating on gasoline.

LEFT: The 2015 Ford F-150 pickup truck.

PRIUS PLUG-IN HYBRID

New model may be a year away

Production of the Toyota Prius Plug-in Hybrid (right) had been scheduled to end this month, but with no date set for the launch of the next-generation model of the car, it could be a year or more before a new one arrives. Nathan Kokes, a marketing representative for Toyota's advanced technology division, wrote on the official Prius chat forum that Toyota is "hard at work" developing the next-generation plug-in and that more information would be released closer to the car's launch date, which he did not reveal.

CHRYSLER

Seat system's future hinges on electrification

Chrysler wants to offer all-wheel-drive as an option for its next-generation Town & Country minivan, says Fiat Chrysler Automobiles CEO Sergio Marchionne. The company might opt for a compact all-electric system that would allow the Town & Country to maintain its Stow 'n' Go seating. Since folding the seats into the floor takes space, electric all-wheel-drive seems like a logical step, so buyers could have both Stow 'n' Go seating as well as all-wheel-drive.

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Titanium Model Shown

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Flex, Escape, and F-350 to F-550 (Chassis Cabs) models for up to 60 months, and 2015 Focus, Fiesta, Fusion, Taurus, F-250, and F-350 to F-450 (excluding Chassis Cabs) models for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 36/60/72 months; monthly payment is $694.44/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease a 2015 Focus Sedan SE/Focus Sedan Titanium/Escape SE FWD 2.5L Cargo Package (200A)/Escape Titanium FWD with a value of $21,344/$27,144/$27,104/ $33,254 (after $1,195/$1,195/$1,195/ $0 down payment or equivalent trade-in deducted, and including freight and air tax charges of $1,665/$1,665/$1,790/$1,790) at 0% APR for up to 48 months with an optional buyout of $9,067/$11,445/$11,734/$14,317; monthly payment is $215/$286/$280/$380; total lease obligation is $11,515/$14,923/ $14,835/$18,240; interest cost of leasing is $0 or 0% APR. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 64,000 km for 48 months apply. Excess kilometrage charges are 12¢ per km for Focus and Escape; plus applicable taxes. Excess kilometrage charges subject to change – see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. ††Until June 30, 2015, receive 0.99% APR purchase financing on new 2015 Ford Fusion SE FWD/Fusion Titanium AWD model for up to 84 months, to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: 2015 Fusion SE for $26,099/$34,999 (after $0/$1,195 down payment or equivalent trade-in deducted and including freight and air tax charges of $1,700), purchase financed at 0.99% APR for 84 months, monthly payment is $310/$405 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $143/$187), interest cost of borrowing is $892/$1,165 or APR of 0.99% and total to be repaid is $26,026/$34,034. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include freight and air tax and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Purchase a new 2015 Fusion SE FWD for $26,099. Taxes payable on full amount of purchase price. Offers include freight and air tax ($1,700) but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. "See lease offer legal marked with (**) symbol for monthly payment. Lease a model with a value of $30,000 at 0% APR for up to 24/36/48 months with an optional buyout of $15,600/$13,200/$10,800 and $0 down or equivalent trade-in; monthly payment is $600.00/$466.67/$400.00; total lease obligation is $14,400.24/$16,800.12/$19,200.00; interest cost of leasing is $0 or 0% APR. Additional payments required for PPSA (RDPRM for Quebec), registration, security deposit. NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. Excess kilometrage charges are 12¢ per km for Fiesta, Focus, C-MAX, Fusion and Escape; 16¢ per km for E-Series, Mustang, Taurus, Taurus X, Edge, Flex, Explorer, F-Series, MKS, MKX, MKZ, MKT and Transit Connect; 20¢ per km for Expedition and Navigator, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. ~Until June 30, 2015, lease a new 2015 Ford Focus Sedan SE/Focus Sedan Titanium/Escape SE FWD 2.5L Cargo Package (200A)/Escape Titanium FWD for up to 48 months, and get 0% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease a 2015 Focus Sedan SE/Focus Sedan Titanium/Escape SE FWD 2.5L Cargo Package (200A)/Escape Titanium FWD with a value of $21,344/$27,144/$27,104/ $33,254 (after $1,195/$1,195/$1,195/ $0 down payment or equivalent trade-in deducted, and including freight and air tax charges of $1,665/$1,665/$1,790/$1,790) at 0% APR for up to 48 months with an optional buyout of $9,067/$11,445/$11,734/$14,317; monthly payment is $215/$286/$280/$380; total lease obligation is $11,515/$14,923/ $14,835/$18,240; interest cost of leasing is $0 or 0% APR. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 64,000 km for 48 months apply. Excess kilometrage charges are 12¢ per km for Focus and Escape; plus applicable taxes. Excess kilometrage charges subject to change – see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. ‡Based on Canadian vehicle manufacturers' Association sales data for Ford and Lincoln nameplates for the last 3 months (Dec. 2014 – Feb. 2015). Eligible customers will receive $1,000 to $2,500 (Ford Fusion, Ford F-150, Ford Mustang, Ford Escape, Ford Edge, Ford Explorer, Ford Transit Connect, Ford Transit, Ford F-250 to F-550 (each a "Eligible Vehicle"). Vehicles of 2014 model year or older with at least 160,000 km on the odometer at time of recycling and that have been properly registered plates (if required for the last 3 months (Dec. 2014 – Feb. 2015). Eligible customers will receive $1,000 to $2,500 (Ford Fusion, Ford F-150, Ford Mustang, Ford Escape, Ford Edge, Ford Explorer, Ford Transit Connect, Ford Transit, Ford F-250 to F-550 (each a "Eligible Vehicle"). Vehicles of 2014 model year or older with at least 160,000 km on the odometer at time of recycling and that have been properly registered plates (if required for the last 3 months (Dec. 2014 – Feb. 2015). Eligible customers must recycle their vehicle through a Ford dealership by turning in a 2015 model year or older vehicle that is in running condition able to start and move under its own power (without missing parts) and has

5 DETAILS ABOUT THE 2015 TOYOTA LEXUS RC

Although based on the GS sedan platform, the new Lexus RC series is billed as a "standalone" two-door model. The new four-passenger coupe therefore differs in key dimensions from both the GS and the smaller IS series. **JEFF MELNYCHUK** WHEELBASE MEDIA

1 Vroom, vroom

The 3.5-litre V6 engine makes 314 horsepower, while the 217-horse hybrid uses a four-cylinder gas engine and a continuously variable transmission.

2 One wide grille

The grille (F Sport model shown) is the widest on any Lexus model and consumes most of the front end. Rear sculpting complements the front.

WHEELBASE MEDIA

3 Painting process

For the red, for example, Lexus starts with a base coat of silver and then applies a clear coat. Then the clear coat is covered by a translucent red coat, which is then topped with another clear coat. The four coats of paint are baked twice to set the colour.

4 Size matters

Three centimetres wider than the IS sedan, but 7.5 centimetres less between the front and rear wheels. The F Sport has 19-inch wheels, although 18s are standard.

5 The dash

The top part of the dashboard is for display; the lower part and console has the buttons. The car also features electric power steering, rear-view camera, interior air filtration, hands-free entry, trip computer, and a USB connection.

Complexity underlies simplicity

DRIVING FORCE

A look inside temperature-controlled seats, wheels

Jil McIntosh
For Metro

You may not have much use for one right now, but when the weather gets colder, a heated seat can be a nice break from chilly weather. They're simple to use, but inside, they're actually quite complex.

"It is essentially a heating pad that we've designed to fit a seat," says Alison Rahm, chief engineer for the Chrysler 300, and Dodge Charger and Challenger. "But we have to modulate it, depending on ambient temperature and body heat. It's similar to a heating system in your home where you set the temperature, but the furnace doesn't run all the time."

The flexible heating mats are pieces of fabric with wires inside.

"The pattern of the wires is dependent on the shape of the seat, the size, if it's the front or rear seat, the cushion or back, and the seat styling," Rahm says.

When electrical current is applied to the high-resistance alloy wires inside, they heat up. The mat is installed between the seat's foam and its upholstery fabric, and heats up the seat surface when the occupant turns on the switch.

If the seat heater has various settings, turning it up higher increases the amperage sent into the wires.

Each seat has a thermistor that measures the heat and sends the information back to a "comfort module," which regulates the amperage sent to the wires to make the seat hotter or cooler as needed.

Some vehicles also have heated steering wheels, which use wires wrapped around the wheel's inner frame.

The Chrysler 300 has a steering wheel that's a combination of wood and leather, and which presented additional issues.

"The wheel is moulded out of urethane, and a piece of real wood is cut and placed over that and fused around the wheel," Rahm says. "The trick is making sure that when you touch the wood or touch the leather, it feels exactly the same, but both of those (materials) transmit heat at a much different rate, so we separate the current."

In the parts of the wheel that don't transmit heat as easily, the wires get hotter, so the wheel feels the same temperature all over. Like the seat heaters, the wheel is regulated with time and heat cycles as the ambient temperature changes. The heated wheel also automatically shuts off after an hour.

Seat and steering wheel heaters use a lot of electricity, but drivers tend to keep the cabin cooler when their hands and bodies are warm. For this reason, they're often found in electric vehicles, where it would take far more battery power to turn up the heater and warm the entire car.

Temperature controls in a Chrysler Town & Country minivan.
CHRYSLER

DEGREES OF COMFORT

The making of seats that will warm you up and cool you down

- Most automakers only heat the two outside seats in vehicles with heated rear seats, because the middle seat is seldom used.
- Seat heaters have to be very durable, and the wires are made of special alloys that can flex and handle the occupant's weight.
- Ventilated seats blow air through perforations in the fabric, while cooled seats blow cold air-conditioned air.

JIL McINTOSH/FOR METRO

Press these for a warmer or cooler ride.
CHRYSLER

> **The trick is making sure that when you touch the wood or touch the leather, it feels exactly the same.**
> Alison Rahm, chief engineer

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Starting From Price for 2015 Ram 1500 Sport with Performance Hood shown: $39,765.§

Starting From Price for 2015 Dodge Grand Caravan Crew Plus shown: $34,490.§

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2015 IIHS TOP SAFETY PICK+ (When equipped with optional Safety Tec group.)

Starting From Price for 2015 Chrysler 200 C shown: $29,790.§

Starting From Price for 2015 Dodge Journey Crossroad shown: $31,785.§

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+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

CHRYSLER DODGE Jeep RAM

Wise customers read the fine print: ◊, †, •, *, », ‡, ≈, § The Trade In Trade Up Summer Clearance Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers between June 19 and 30, 2015. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,695), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. ◊$10,500 in Total Discounts is available on new 2015 Ram 1500 models (excluding Reg Cab) and consists of $8,500 in Consumer Cash Discounts, $1,500 in Ram Truck Loyalty/Conquest Bonus Cash and $500 Bonus Cash. See your retailer for complete details. †0% purchase financing for up to 60 months available on select new 2015 models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Ram 1500 Quad Cab SXT 4x4 (25A+AGR)/2015 Dodge Grand Caravan Value Package/2015 Dodge Journey Canada Value Package with a Purchase Price of $27,495/$19,995/$19,995 with a $0 down payment, financed at 0% for 60/48/36 months equals 130/104/78 bi-weekly payments of $212/$192/$256 with a cost of borrowing of $0 and a total obligation of $27,495/$19,995/$19,995. •$500 Bonus Cash is available on select new 2014/2015 Chrysler, Dodge, Jeep or Ram models at participating retailers from June 19 to 30, 2015. Bonus Cash will be deducted from the negotiated purchase/lease price before taxes. Excludes 2014 Chrysler 200 LX, 2015 Chrysler 200, 2014 Dodge Avenger CVP, 2015 Jeep Renegade (all models), 2014/2015 Dodge Grand Caravan CVP, 2014/2015 Dodge Journey CVP and SE Plus, 2014/2015 Dodge Dart (all models), 2015 Dodge Charger SRT Hellcat, 2015 Dodge Challenger SRT Hellcat, 2014/2015 Jeep Wrangler Sport, 2014/2015 Jeep Patriot (all models), 2014/2015 Jeep Compass Sport (select models), 2014/2015 Jeep Cherokee (all models), 2014/2015 Ram Cargo Van, 2014/2015 Ram 1500 Regular Cab, ProMaster City and all 2014/2015 FIAT models. Offer available at participating Atlantic and Ontario retailers only. See retailer for complete details and exclusions. *Consumer Cash Discounts are deducted from the negotiated price before taxes. »$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2015 Ram 1500 (excludes Regular Cab), 2014/2015 Ram 2500/3500, 2014/2015 Ram Cab & Chassis trucks, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before June 1, 2015. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed an Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Baeumler Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. ‡3.49% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Ram 1500 Quad Cab SXT 4x4 (25A+AGR)/2015 Dodge Grand Caravan Canada Value Package/2015 Chrysler 200 LX/2015 Dodge Journey Canada Value Package with a Purchase Price of $27,495/$19,995/$19,995/$19,995, with a $998/$0/$0/$0 down payment, financed at 3.49% for 96 months equals 208 bi-weekly payments of $146/$110/$110/$110 with a cost of borrowing of $3,909/$2,950/$2,950/$2,950 and a total obligation of $31,404.15/$22,944.90/$22,944.90/$22,944.90. ≈Additional $1,000 Bonus Cash applies to the retail purchase/lease of the oldest 10% of 2015 vehicles in retailer inventory from June 18 to 30, 2015 and will be deducted from the negotiated price before taxes. Some exclusions may apply. See participating retailers for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ±Based on 2014 *Ward's* Lower Middle Sedan segmentation. Excludes other vehicles designed and manufactured by FCA US LLC. ^Based on IHS Automotive: Polk Canadian Vehicles in Operation data available as of July, 2014 for Crossover Segments as defined by FCA Canada Inc. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ℠The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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Mazda CX-7: fun and sporty

USED VEHICLE

2007-2012 turbocharged models need more attention

The Mazda CX-7 crossover is now retired, though numerous 2007-2012 copies are available in the used marketplace, offering a sporty and sophisticated hauler that's big on fun-to-drive factor, all-season confidence, and a nice-looking cabin.

For turbocharged models, note that a turbocharger should last the life of the vehicle if the factory-prescribed oil-change schedule is adhered to. Be sure the seller of a used CX-7 with turbo power was fond of keeping up on oil changes.

Call the seller before you head over for a test-drive and ensure they don't start or drive the vehicle before you show up. You'll want to start the engine from dead cold, let it idle up to operating temperature for a few minutes, and then move to the tailpipes and have a look for thick white smoke which could indicate a problem with the turbocharger or the engine's internal ventilation system. In any case, the presence of smoke likely means you'll want to move to another unit.

After you've started the engine cold, pop the hood and head up front for a listen. Some owners have reported issues caused by a bad timing chain. The tell-tale sound is a diesel-like clattering that sounds like a fast-moving chain smacking around inside of a metal housing. As with any unusual sound on any used car you're considering, if you're not comfortable with a noise coming from under the hood, visit a mechanic and have him or her take a closer look, or move to another unit. JUSTIN PRITCHARD

Features

Look for high-end coveta-bles, including premium Bose audio, navigation, a sunroof, heated leather seats, automatic climate control and plenty more, depending on the model. Do you have things, people and pets? If so, they'll mostly fit into the CX-7, thanks to nearly 1,660 litres of cargo space and split-folding rear seats.

Engines

The CX-7's 2.5-litre four-cylinder engine generated 161 horsepower and used an electronically controlled five-speed automatic transmission. An award-winning 2.3-litre turbocharged four-cylinder DISI engine was available, as well, offering 244 horsepower backed by nearly 260 lb.-ft. of torque.

What owners like

Owners of the CX-7 typically rate fuel mileage on non-turbo units as being decent, and a nice blend of handling, sportiness, comfort and long-haul readiness is typically reported.

What owners dislike

Gripes typically centre around fuel consumption with the turbo engine, coupled with that engine's requirement to be fed premium-grade fuel, which is pricier.

The verdict

For maximum peace of mind, a non-turbo, front-drive Mazda CX-7 will be the best bet — not to mention less expensive to run, repair, and insure. A turbo model steps up the entertainment value, though shoppers are advised to make the checks mentioned in this article as a bare minimum, and visit a Mazda dealer for a pre-purchase inspection.

TRANSPORT

Germany stands out worldwide in car sharing

Car sharing, pioneered in Switzerland in the 1970s, is gaining popularity around the globe as people shy away from the cost of owning and maintaining an automobile.

And it's proving particularly successful in Germany, where young people in towns and cities don't necessarily want to have a car, said Stefan Bratzel, director of the Center for Automotive Management (CAM) in Bergisch-Gladbach, Germany.

Car sharing, which enables renting a car even for very short periods of time, at any hour of the day or night, appeals to such people.

The first car-sharing firm in Germany, Stattauto, was set up in Berlin in 1988, starting out with a single car.

By last year, there were as many as 140 operators in Europe's biggest economy, with 1.04 million registered users and a total combined pool of 15,400 cars at their disposal, according to figures compiled by the car-sharing industry federation BCS.

"That represents approximately half of the total offer in Europe," said Franck Leveque of consulting firm Frost & Sullivan.

Car sharing has been slower to catch on in other European countries. In Italy, there are around 250,000 customers, and in France and Britain around 200,000 each.

Further afield, there are about 700,000 users in Japan, which started car-sharing schemes in 2007, and 1.3 million in the U.S., according to recent data published by the University of California in Berkeley.

Gunnar Nehrke of BCS said Germany stands out because of the sheer size and extent of its network. "Here, car sharing is available in 490 towns and municipalities."

Leveque said another factor in the success of car sharing in Germany is the role of the automakers themselves: BMW has its own scheme, called DriveNow, and Daimler launched its Car2go in 2008. AFP

A TV crew films Citroen electric cars during the launch of a car-sharing scheme in Berlin. AFP PHOTO/ODD ANDERSEN

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SL AWD Premium model shown[▲]

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2015 NISSAN SENTRA

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1.8 SL model shown[▲]

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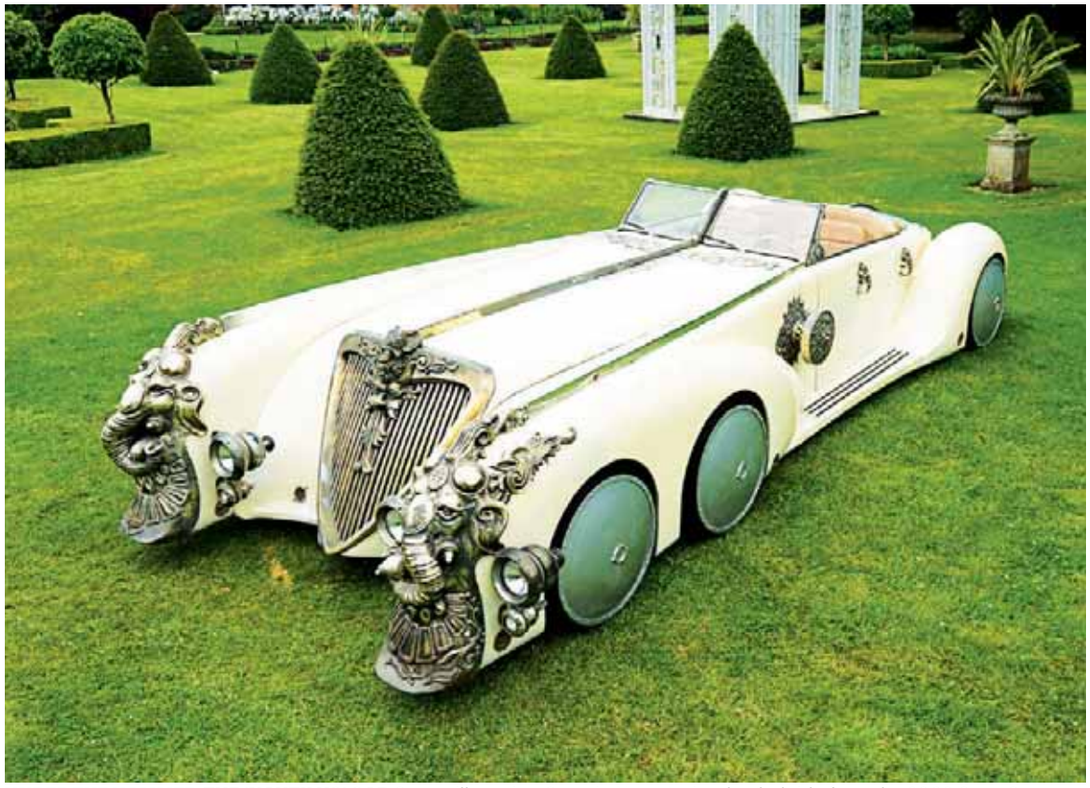
•Equivalent lease payments of $59/$84/$36 on the 2015 Rogue/Pathfinder/Sentra must be made on a monthly basis and cannot be made weekly. Weekly lease payments are for informational purposes only. Offers available from June 2, 2015 to June 30, 2015. [†]My Choice Bonus Cash is applicable to customers who purchase, lease or finance a model year 2015 Micra® (excluding S trim)/Versa Note/Sentra/Altima Sedan/Juke®/Rogue/Pathfinder. The $500/$700/$1,000/$1,000/$750/$1,000/$1,500 My Choice Bonus Cash consists of $350/$500/$750/$750/$500/$700/$1,200 NCI cash and $150/$200/$250/$250/$250/$300/$300 dealer participation which will be deducted from the negotiated selling price before taxes. [2]"2 monthly Payments on Us" is available to customers who lease or finance any new model year 2015 Micra® (excluding S trim)/Versa Note/Sentra/Altima Sedan/Juke®/Rogue/Pathfinder through Nissan Canada Inc. and Nissan Canada Financial Services Inc. (collectively, "NCF") and refers to the first two (2) monthly lease payments or first two (2) monthly finance payments. A customer's first two monthly payments (inclusive all taxes) will be waived, up to a maximum of $225/$250/$375/$400/$375/$400/$600 per month tax inclusive. After two months, the customer will be required to make all remaining regularly scheduled payments over the remaining term of the contract. Customers must be approved to lease or finance through NCF. Cash purchase buyers or buyers who finance outside of Nissan Finance are also not eligible for this choice. [3]No charge extended warranty is valid for up to 60 months or 100,000 km (whichever occurs first) from the warranty start date and zero (0) kilometers. Some conditions/limitations apply. The no charge extended warranty is the Nissan Added Security Plan ("ASP") and is administered by Nissan Canada Extended Services Inc. ("NCESI"). In all provinces NCESI is the obligor. This offer includes the Gold level of coverage. Retail value of ASP is based on MSRP $1,200/$1,400/$1,500/$1,500/$1,700/$1,700/$2,000 for a new 2015 Micra®(excluding S trim)/Versa Note/Sentra/Altima Sedan/Juke®/Rogue/Pathfinder. Dealers are free to set individual prices. *Representative monthly lease offer based on any new 2015 Rogue S FWD CVT (Y6RG15 AA00)/ 2015 Sentra 1.8 S M6 (C4LG55 AA00)/Pathfinder S V6 4x2 (5XRG15 AA00) CVT transmission. 0.99%/0.99%/0% lease APR for a 60/60/60 month term equals 60/60/60 monthly payments of $256/$364/$158 with $0 down payment, and $0 security deposit. First monthly payment, down payment and $0 security deposit are due at lease inception. Prices and payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $15,345/$21,845/$9,336. $1,000/$1,500/$1,000 My Choice Bonus Cash included in advertised offer. Conditions apply. [†]Representative finance offer based on any new 2015 Sentra 1.8 S M6 (C4LG55 AA00). Selling price is $16,199 financed at 0% APR equals 84 monthly payments of $193 monthly for a 84 month term. $0 down payment required. Cost of borrowing is $0 for a total obligation of $16,199. This offer cannot be combined with any other offer. $1,000 my choice bonus cash is included in advertised offers. Conditions apply. [▲]Models shown $36,732/$48,802/$26,099 Selling price for a new 2015 Rogue SL AWD Premium (Y6DG15 BK00)/ 2015 Pathfinder Platinum (5XEG15 AA00)/2015 Sentra 1.8 SL (C4TG15 AA00). *†‡▲Freight and PDE charges ($1,750/$1,720/$1,567) air-conditioning levy ($100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Retailers are free to set individual prices. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. [††]The Nissan Loyalty Offer ("Offer") is available only to eligible customers who (as of Feb, 1, 2015) lease/leased, finance/financed or own/owned a 2009 or newer Nissan brand vehicle (an "Existing Vehicle"). Eligibility for the Offer will be determined by Nissan Canada Inc. ("NCI") in its sole discretion. Proof of current or previous ownership/lease/finance contract will be required. Offer is not transferrable or assignable, except to a co-owner/co-lessee of the Existing Vehicle who resides within the same household as the intended recipient of the Offer. If the eligible customer elects to lease or finance a new and previously unregistered Nissan brand vehicle (excluding NV, Fleet and daily rentals) (an "Eligible New Vehicle") through NCI and Nissan Canada Financial Services Inc. (collectively "NCF"), then he/she will receive a specified amount of stackable loyalty dollars ("Loyalty Dollars"), as follows: (i) Micra/Versa/Sentra ($500); (ii) Juke/Altima/Rogue ($600); (iii) Frontier/Xterra/Leaf/Murano/Pathfinder ($800); and (iv) Maxima/Z/Titan, Armada/GT-R ($1000). Loyalty Dollars will be applied before taxes which means they are inclusive of all applicable taxes. Alternatively, if the eligible customer elects to purchase or lease/finance an Eligible New Vehicle (excluding GT-R and Leaf) other than through NCF, then he/she will receive a three-year/48,000 kilometers (whichever comes first) Oil Change and Tire Rotation Plan which consists of a maximum of 6 service visits, each consisting of 1 oil change (using conventional 5W30 motor oil) and 1 tire rotation. For complete details on the Oil Change and Tire Rotation Plan, ask your dealer. Offer has no cash redemption value and can be combined with other offers. Offer valid on Eligible New Vehicles purchased/leased/financed and delivered between June 2 – June 30, 2015. For more information see IIHS.org. **Ward's Large Cross/Utility Market Segmentation. MY15 Pathfinder vs. 2015 and 2014 Large Cross/Utility Class. ^Ward's Large Cross/Utility Market Segmentation. MY15 Pathfinder and Pathfinder Hybrid vs. 2014 competitors. Offers subject to change, continuation or cancellation without notice. Offers have no cash alternative value. See your participating Nissan retailer for complete details. ©2015 Nissan Canada Inc. Nissan Financial Services Inc. is a division of Nissan Canada Inc.



UNDER THE HAMMER **THE 'NAUTILUS' CAR** Coys will auction Captain Nemo's six-wheeled ride from the 2003 Sean Connery film The League of Extraordinary Gentlemen at Blenheim Palace in Woodstock, Oxfordshire, England, on July 11. The 'Nautilus' car is expected to fetch between $28,000-$40,000 US. The vehicle is one of two working cars built specifically for the film, on a Land Rover chassis. The car has a V8 engine and a hydraulic system for raising and lowering the ride height. AFP/COYS

BRIEF BITS

New York's Central Park to impose car ban

Cars will be banned from much of Central Park in New York by the end of the month, Mayor Bill de Blasio said recently, after complaints from residents and pedestrians. The measure goes into effect on June 29 and "will significantly reduce traffic in the park," de Blasio said, adding the space would become "safer and quieter and more enjoyable." Central Park is the green lung of New York that's popular with tourists and locals.

TripAdvisor awards Ducati Museum

The Ducati Museum in Bologna, Italy, has won the highest award from travel review Web site TripAdvisor for the fourth year in a row — its Certificate of Excellence. Located within the motorcycle company's production facility, the museum tracks the brand's history from its humble origins in 1926 to the present day. The venue may attract just 40,000 international visitors each year, but its permanent collection can now be toured virtually via Google Maps. AFP

Korean cars race ahead on quality

STUDY

Traditionally strong Japan takes back seat in rankings

The gap between Korean car brands and the rest of the U.S. car market has never been wider, the recently published J.D. Power 2015 US Quality Study suggests.

More startling is the fact that Japanese markets, once the global benchmark for automotive quality and reliability, have collectively fallen below the entire industry quality average for the first time in 29 years.

The study bases its scores on how many problems an owner experiences with a new car during the first 90 days and the number of problems per 100 vehicles — PP100. The lower the score, the higher the quality.

The Kia Soul is one example of a car by a Korean brand. KIA

> **This is a clear shift in the quality landscape**
> Renee Stephens, VP at J.D. Power

This year's industry average is 112 PP100, two points better than the average for Japanese brands (114 PP100), which are now on par with U.S. manufacturers.

But it is Korean brands, with an average of 90 PP100 that is remarkable, reflecting a considerable lead over the best of the rest of the industry.

"This is a clear shift in the quality landscape," said Renee Stephens, vice-president of U.S. automotive quality at J.D. Power.

"For so long, Japanese brands have been viewed by many as the gold standard in vehicle quality." AFP

What's new in vehicles

Automakers reveal creations to hit the market soon. AFP

MERCEDES-BENZ

1 The Mercedes-Benz GLC

Mercedes-Benz has revealed its new GLC mid-sized SUV, to go on sale globally in the fall. It will be all about comfort, with Air Body Control air suspension, dynamic all-wheel drive, and an initial choice of two diesel engines, in Europe, offering 168bhp or 210bhp, to be followed in 2016 by much sportier and high-performance petrol models, plus a plug-in hybrid.

PEUGEOT UK

2 The Peugeot 308 GTi

Peugeot has unveiled a new hot hatch, the 308 GTi. It's propelled by a 1.6-litre engine and is capable of delivering best-in-class economy figures of 47.1 mpg (6l/100km), whether specified with 247bhp or 286bhp on tap. It also features an electronic-steering and a reworked traction-control system. The 308 GTi is expected to go on sale in Europe from September.

VOLKSWAGEN COMMERCIAL VEHICLES

3 The Volkswagen California

The fourth-generation Volkswagen California camper van gets the option of four-wheel drive and a paddle-shift gearbox for the first time and the vehicle can be specified with adaptive suspension for greater comfort even when fully loaded. It sleeps fours, has a range of safety systems, and a pop-up roof for improving headroom. The first deliveries are expected this summer.

metro SPORTS
Your essential daily news

Eugenie Bouchard beatAlison Riske at the Aegon International for her first win on grass this season

Redblacks eye respectability after poor inaugural season

CFL

Ottawa hopes new arrivals will help better 2-16 record

15.4

The Ottawa Redblacks average points tally per game last season which made them the league's lowest scoring team

After a disappointing inaugural season, the Ottawa Redblacks are focused on respectability.

The Redblacks were able to get away with a 2-16 record last season due to the novelty of their return to the CFL, but there was little doubt that significant off-season improvement was needed.

After finishing as the lowest scoring team in the league at 15.4 points per game, Redblacks general manager Marcel Desjardins went out and signed some of the most sought after free agents. The addition of receivers Maurice Price, Ernest Jackson, Greg Ellingson, Brad Sinopoli and Chris Williams give the Redblacks instant credibility and should help spark a struggling offence.

> **Right now my focus is on the people that matter and that's the people on the field.**
> Quarterback Henry Burris

It remains to be seen if 40-year-old Henry Burris will be the man to get the ball to the new receivers, or if Thomas DeMarco will be given the opportunity to prove he can be a starter in this league.

"Right now my focus is on the people that matter and that's the people on the field," Burris said.

"The critics can say whatever they want to say because the critics have always been there with me. I don't listen to what they say."

Last season was a challenge for Burris, who finished the season with a 60.9 completion percentage, his lowest since 2009. Still, he believes last season's struggles will benefit this year's group.

"For a lot of the young guys they learned from baptism under fire and I learned a new lesson because in my 19-year career that was only the third time I didn't go to the playoffs," Burris said. "It was difficult, but we all learned and we stuck together as a family."

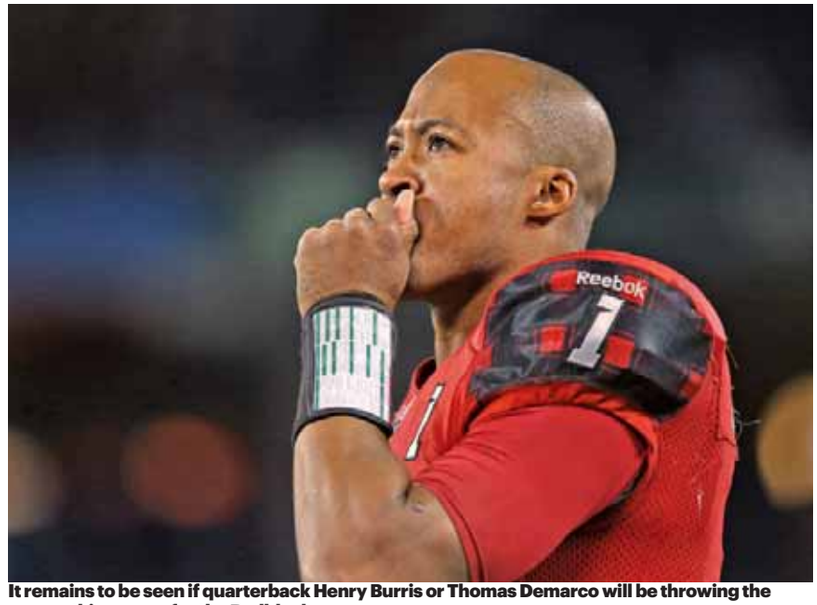
That family will look a lot different when the Redblacks open the season June 25 against the Montreal Alouettes. More than half of players who were on the pre-game roster for last year's season opener are gone or injured. Regardless of who will be throwing the ball, the Redblacks need to ensure their quarterbacks have enough time and vision to make a play.

The addition of veteran SirVincent Rogers will be a nice boost to the offensive line. Rogers brings a commanding presence and has already taken on a leadership role. The hiring of Bryan Chiu as the new offensive line coach should also help.

"I think we added a bunch of talent to the mix of talent that was here already," Rogers said. "We need to go out and really battle and not lay down for anybody. If somebody beats us we need to make them work for it, but we need to go out with the mentality to win and not to keep from losing."

Knowing how to win was probably one of the Redblacks biggest struggles last season.

"You need to win in this business," said head coach Rick Campbell. "We all fully understand that. The key too is that you need to win when the game is there for the taking and that's what we lacked last year." THE CANADIAN PRESS



It remains to be seen if quarterback Henry Burris or Thomas Demarco will be throwing the passes this season for the Redblacks TOM SZCZERBOWSKI/GETTY IMAGES

Harris is CFL's only new QB starter for 2015 season

Argonauts' Trevor Harris
TOM SZCZERBOWSKI/GETTY IMAGES

There was relief in B.C., Saskatchewan and Edmonton as starting quarterbacks Travis Lulay, Darian Durant and Mike Reilly all looked healthy in CFL preseason games.

Having their veteran pivots back maintains continuity in the league at a key position, with eight of nine teams set to begin the 2015 campaign with a returning starter.

A year ago, new starters took over in Hamilton, Montreal and Winnipeg, not to mention at expansion Ottawa, and backups were pressed into heavy duty by injuries in B.C. and Saskatchewan. This season, the only new starter is Trevor Harris in Toronto, and he will likely only be in that spot until 2014 passing leader Ricky Ray returns from off-season shoulder surgery.

Harris, a fourth-year Argonaut, looked solid in the pre-season. He is backed up by Mitchell Gale. "He hasn't made mistakes, protects the ball, goes to the right guy, gets us in and out of the huddle," Argos coach Scott Milanovich said of Harris. "He's played well in the past, so our guys have confidence in him and I do, too."

> **He's played well in the past, so our guys have confidence in him and I do too.**
> Argos coach Scott Milanovich on Trevor Harris

The 35-year-old Ray led the CFL with 4,595 passing yards, but needed off-season surgery for a torn labrum and rotator cuff in his throwing shoulder.

Lulay got into only four games last season, including one start, due to shoulder trouble that caused him to miss most of the last two campaigns. The Lions are counting on a full return to form for the former league MVP, having let veteran backup Kevin Glenn go.

Saskatchewan's campaign was derailed when Durant, the starter since 2009, suffered a season-ending elbow injury on Sept. 7, but the 2013 Grey Cup MVP has looked healthy in the pre-season. Interestingly, the Roughriders let go all three backups from last season and signed 36-year-old Glenn. THE CANADIAN PRESS

IN BRIEF

Paris launches bid for 2024 Olympic Games

Declaring they have learned from their past mistakes and failures, French officials launched a bid Tuesday to bring the Olympics to Paris in 2024 — 100 years after the games were last held in the city.

Paris became the fourth city to enter the 2024 race and, with a bid team led by athletes and sports officials rather than politicians, believes it has found a winning formula after a string of stinging defeats. THE ASSOCIATED PRESS

Stanton overtakes Aoki in NL All-Star voting

Major league home run leader Giancarlo Stanton has moved back into position to start in next month's All-Star game.

The Miami slugger rose from fourth to second among NL outfielders in totals announced Tuesday, with San Francisco's Nori Aoki dropping out of the top three.

More than 420 million votes have been cast, topping the previous mark of 391 million set two years ago. Each fan is allowed to vote up to 35 times. Washington's Bryce Harper leads NL outfielders with 9.2 million votes, followed by Stanton at 4.8 million, injured St. Louis star Matt Holliday at 4.7 million and Aoki at 4.3 million. THE ASSOCIATED PRESS

Cavaliers acquire centre Mozgov's option for 2016

The Cavaliers made their first move of the summer, the easiest one.

As expected, the team picked up the $5 million option on centre Timofey Mozgov's contract for next season on Tuesday.

There was never a doubt the Cavs would bring back the 7-foot-1 centre, acquired in a January trade from Denver in exchange for two first-round draft picks. Mozgov transformed the Cavs on defence after Anderson Varejao was lost for the season with injury.

Mozgov, 28, averaged a career-high 10.6 points and 6.9 rebounds in 45 regular-season starts. THE ASSOCIATED PRESS

Price primed for big awards night

NHL

Habs goalie in running for Vezina, Lindsay, Hart honours

Carey Price spent his first night in Las Vegas watching the Michael Jackson Cirque du Soleil show. It was fitting, as the Montreal Canadiens would have been a high-wire act without him.

Price got through the mourning period of the Canadiens' playoff exit but still hasn't had the chance to appreciate his superb season that got his team there. On Wednesday night he could very well become the first goaltender since Dominik Hasek in 1997 and 1998 to win the Vezina Trophy, Hart Trophy as NHL MVP and Ted Lindsay Awards as most outstanding player voted by the NHLPA.

No goalie has won the Hart and Vezina in the same season since Jose Theodore in 2002. But his teammates and opponents feel Price is deserving of that honour.

"What's special about Carey is you don't have to talk about it because his play did all the talking for him," Habs defenceman and Norris Trophy finalist P.K. Subban said Tuesday. "It's about time now that he starts getting this type of recognition."

Carey Price set a new Canadiens record for most wins by a goalie in a season with 44.
MINAS PANAGIOTAKIS/GETTY IMAGES

In winning 44 games, Price broke Jacques Plante's franchise record and has been mentioned in Habs history along with Ken Dryden, too. His 1.96 goals-against average and .933 save percentage led all goalies this season.

Down the hall from the trophies he could be picking up at the league's annual awards show, including the William H. Jennings for the lowest GAA, Price said he hasn't thought much about his place in history or what he accomplished.

"To be honest it hasn't really hit me yet," Price said.

Price has made progress through his eight NHL seasons and will likely win the Vezina over Devan Dubnyk of the Minnesota Wild and Pekka Rinne of the Nashville Predators.

Alex Ovechkin of the Washington Capitals scored a league-best 53 goals, and John Tavares led the New York Islanders back to the playoffs, yet Price has been the Hart front-runner since the midway point of the season. THE CANADIAN PRESS

$71.4M

The league and players' union announced Tuesday that the salary cap will be $71.4 million US for 2015-16, up from this season's $69 million.

WOMEN'S WORLD CUP

Another close match expected by Canada

Expect another nail-biter as Canada takes on England in Saturday's quarter-final at the Women's World Cup.

Canada's two wins at the tournament — it also has two ties — have been by one-goal margins. Four of its last five matches with England were decided by one goal.

"They've been really, really tight encounters," Herdman told a media conference call Tuesday in his first public comments since England beat Norway 2-1 to earn a date with Canada at B.C. Place Stadium.

"And I think that's what it's going to be. I don't think you can pick an underdog for this game. And I don't even want to pitch it like that. When you get into a quarter-final, it's just game on for both teams. Regardless of where you're ranked, regardless of what your results have been prior to that game, both teams are just going to come and go for it."

All four of England's tournament games, three of which were wins, have been decided by one goal.

"The difference will be who unlocks the defence," Herdman said. "Will it be a set play or will it be just a moment of magic from an individual player?That's how tight this game can be." THE CANADIAN PRESS

RANKINGS

England, ranked sixth in the world, represents No. 8 Canada's first top-10 opponent at the soccer showcase.

DEFLATEGATE

Brady's appeal goes into late afternoon

Tom Brady and representatives from the players' union met with commissioner Roger Goodell at NFL headquarters for much of Tuesday as the New England quarterback appeals his four-game suspension.

Brady was suspended by the league for his role in the use of deflated footballs in the AFC championship game win over Indianapolis. He arrived at the NFL's Park Avenue offices Tuesday morning, as did attorney Jeffrey Kessler, who is leading Brady's defence.

The hearing was expected to adjourn in late afternoon, but carried well beyond that.

To no avail, the NFL Players Association had asked Goodell to recuse himself from hearing the appeal because he could not be impartial and might be called as a witness.

Among the key elements of Brady's appeal will be about who ordered his four-game suspension and whether science supports the league's findings about deflated footballs. THE ASSOCIATED PRESS

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RECIPE Tex-Mex Macaroni Salad with Charred Corn and Black Beans

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

This salad is perfect in a baked tortilla shell. Serves eight.

Ready in
Prep time: 15 minutes
Cook time: 8 minutes

Ingredients
- 8 oz whole wheat elbow macaroni
- 1 cup canned corn kernels, drained
- 1 1/2 cups chopped seeded plum tomatoes
- 1 cup canned black beans, rinsed and drained
- 1/2 cup chopped green onion
- 1/3 cup chopped fresh cilantro or parsley
- 1/3 cup barbecue sauce
- 2 Tbsp cider vinegar
- 1 Tbsp molasses
- 1 tsp minced, seeded jalapeño pepper or hot chili sauce to taste

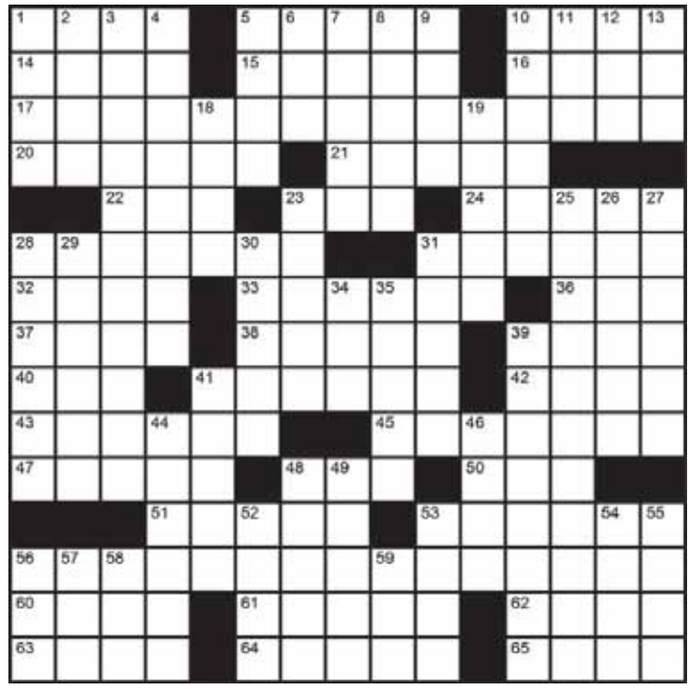
Directions
1. Bring a saucepan of water to a boil and cook the macaroni for eight to 10 minutes, or until tender but firm. Drain, rinse and drain again. Place in a large serving bowl.
2. Spray a non-stick skillet with cooking oil and set over high heat. Cook the corn, stirring often, until slightly charred, about eight minutes. Add to the macaroni, along with the tomatoes, beans, onion and cilantro. Toss to combine.
3. To make the dressing, whisk the barbecue sauce, cider vinegar, molasses and jalapeño together in a small bowl. Pour the dressing over the macaroni mixture and toss to coat. Serve immediately or chill.

Nutrition per serving
- Calories 229

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Hay bundle
5. "Ain't Too Proud __ __" by The Temptations
10. Figure skater Michelle
14. Antarctica's Prince __ Coast
15. Radiate
16. Apiece
17. David Johnston, The __ __ of Canada
20. Get mad: 2 wds.
21. Mr. Cadell, Canadian songwriter/performance artist
22. Stimpy's cartoon pal
23. Note-taker's need
24. Zubin __ (Celebrated conductor)
28. "The __": Spoken-word song by #21-Across
31. Common sports injury
32. Soprano Jenny, nicknamed 'The Swedish Nightingale'
33. Money, informally
36. There: Latin
37. Country singer Mr. Arnold
38. Head, in Latin
39. "American Idol" champ Mr. Allen
40. 'Musket' suffix
41. Executive's plane
42. "Dies __": Latin hymn meaning 'Day of Wrath'
43. Soul
45. Diana Ross/Lionel Richie duet: "__ Love"
47. Illegally lift
48. Classified __
50. Furniture wood
51. Aristocratic
53. Canadian actress Genevieve
56. Popular date night combo: 4 wds.
60. Merle Haggard's "__ from Muskogee"
61. Torching crime
62. University for The Clintons
63. Combine
64. Make corrections to
65. Poetry event

DOWN
1. Wetlands
2. __ vera
3. Explorer/fur trader from Trois-Rivieres: Pierre Gaultier de Varennes, Sieur de __ __ (b.1685 - d.1749)
4. Batteries brand
5. Work the bar
6. Tic-Tac-Toe losing row
7. 1945 war picture starring Errol Flynn, "Objective, __!"
8. Gradually advanced
9. Will of "The Waltons"
10. Harper Lee portrayer in "Capote" (2005), Catherine __
11. Conflict between countries
12. Here: Spanish
13. Stanley Cup org.
18. Monthly abode money
19. Mythical maiden
23. Malayan sailing boats
25. Laser service at the dermatology clinic: 2 wds.
26. Leg bones
27. Fennel-like flavourings
28. "The Lion __ Tonight"
29. Most broad
30. Master of ceremonies
31. Lucifer
34. Photo __ (PR events)
35. Montreal 'moons'
39. New sci-fi series about bounty hunters, on Canadian channel Space
41. Ms. Sevigny
44. Preserved, as fruit
46. Christian hymn: "Te __"
48. Emergency device
49. Crowded
52. Scottish slope
53. Robbie Robertson's group, with The
54. Oscar-winning actress Ms. Kedrova
55. Regard
56. Mr. DeLuise
57. Pres. Eisenhower
58. Naught
59. Mr. Knotts

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If some minor thing goes wrong today don't get angry and make a big deal of it. Some issues are worth getting worked up about and some aren't. If you still don't know the difference it's time to learn.

Taurus April 21 - May 21
Something fortunate will happen today but you may not realize how fantastic it is for a while. If someone you meet while on your travels gives you advice you should take it — they know what they are talking about.

Gemini May 22 - June 21
Others may say you are aiming too high but the planets indicate that if you move confidently in the direction of your dreams they will come true — and maybe quicker than you imagined.

Cancer June 22 - July 23
You won't be content to sit back and watch other people snatch the glory today — you want it all for yourself. With Mars moving into your birth sign you intend to be Number One and your self-belief will make it happen.

Leo July 24 - Aug. 23
Don't be too eager to apologize if you annoy someone today — most likely they deserved to be put in their place. If you make it clear you won't be intimidated it will save you a lot of trouble later on.

Virgo Aug. 24 - Sept. 23
You will have to deal with someone today who, to put it nicely, isn't on the same intelligence level as you. It may be a pain having to explain everything in words of three syllables or less but it's the only way they'll get it.

Libra Sept. 24 - Oct. 23
Do not allow anyone to deflect you from the path you have chosen. If you let others sow seeds of doubt in your mind your chances of success will diminish. Ignore the critics.

Scorpio Oct. 24 - Nov. 22
You are not usually the type to draw attention to yourself but with Mars moving into one of the more positive areas of your chart today you will find it hard to keep a low profile. Shout about your achievements — they are worth knowing about.

Sagittarius Nov. 23 - Dec. 21
You need to join forces with like-minded people or you could miss out on a really big prize. You may think you know more than most, and maybe you do, but that does not mean you can do it all on your own.

Capricorn Dec. 22 - Jan. 20
Something out of the ordinary will happen today or tomorrow and to say you will be surprised is a massive understatement. Whatever it is and be it "good" or "bad," keep your cool and find ways to make it work for you.

Aquarius Jan. 21 - Feb. 19
If you make major changes now you may want to change back again in a few days or a few weeks and that won't be easy. Before you do anything silly ask yourself: are things really as bad as they seem? Probably not.

Pisces Feb. 20 - March 20
Life is not a zero sum game and other people don't have to lose just so you can win. Keep that in mind today and strive to find ways to profit that will benefit others as well. Be ambitious but be creative too.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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OTTAWA'S FAVOURITE BRAND▽

HYUNDAI FACTORY AUTHORIZED CLEAROUT EVENT

THE KICK-OFF SUMMER EVENT

7 days only! June 23rd-30th

HWY: 6.3L/100 KM
CITY: 8.5L/100 KM▼

Sport Appearance Package model shown♦

2015 ELANTRA L

OWN FOR ONLY $12,995‡ INCLUDES $4,032 IN PRICE ADJUSTMENTSΩ

OR

2016 ELANTRA L LEASE FOR ONLY $70 BIWEEKLY. THAT'S LIKE PAYING $35 WEEKLY AT 0% FOR 24 MONTHS WITH $0 DOWN◊

STANDARD FEATURES INCLUDE:

• AM/FM/CD/MP3 WITH 6 SPEAKERS AND IPOD®/USB AUXILIARY INPUT JACKS • POWER DOOR LOCKS • DUAL HEATED POWER EXTERIOR MIRRORS

WE CHALLENGE YOU TO FIND A BETTER DEAL

GET 0% FINANCING† FOR UP TO 96 MONTHS ON SELECT 2015 MODELS

$7,000 IN PRICE ADJUSTMENTSΩ AMOUNT AVAILABLE ON THE 2015 SONATA HYBRID LIMITED

— PLUS —

5-YEAR COMPREHENSIVE LIMITED WARRANTY††

ON ALL HYUNDAI MODELS

2015 ACCENT 5-DOOR L

HWY: 6.3L/100 KM
CITY: 8.9L/100 KM▼

GLS model shown♦

OWN FOR ONLY $10,995‡ INCLUDES $4,232 IN PRICE ADJUSTMENTSΩ

STANDARD FEATURES INCLUDE: • TRACTION CONTROL SYSTEM (TCS) • POWER DOOR LOCKS • AM/FM/CD/MP3/USB/IPOD® AUDIO SYSTEM

2015 SANTA FE SPORT 2.4L PREMIUM FWD

HWY: 9.8L/100 KM
CITY: 12.9L/100 KM▼

Limited model shown♦

FINANCE FOR ONLY $75 WEEKLY AT 0.99% FOR 96 MONTHS WITH $0 DOWN†

STANDARD FEATURES INCLUDE: • BLUETOOTH® HANDS-FREE PHONE SYSTEM • REAR PARKING ASSIST SYSTEM • FRONT AND REAR HEATED SEATS • KEYLESS ENTRY AND SECURITY ALARM SYSTEM

Dealers may charge additional fees for administration of up to $499. Charges may vary by Dealer.

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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Visit your local Ottawa area Hyundai Dealer

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1945 Petawawa Blvd.
Pembroke, 613-735-5636

Myers Kanata Hyundai
400-2500 Palladium Dr.
Kanata, On 613-592-8883

Myers Hyundai
164 Robertson Rd.
Ottawa, 613-721-4567

Hyundai on Hunt Club
390 Hunt Club Road West
Ottawa, 613-688-3600

Bank Street Hyundai
2788 Bank St.
Ottawa, 613-739-7530

Pathway Hyundai
1375 Youville Dr.
Orleans, 613-837-4222

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293 Pigeon St.
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